



Dijon Jambalaya

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



10

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz no-salt-added beef broth canned
- 0.3 tsp pepper black
- 14 oz canned tomatoes undrained canned
- 1 lb ham cooked cut into 1/2-inch pieces
- 3 Tbsp grey poupon dijon mustard
- 2 tsp garlic minced
- 1 medium bell pepper green chopped
- 1 cup rice white instant uncooked

- 2 Tbsp olive oil
- 1.5 cups onions chopped
- 1 lb shrimp cleaned
- 0.5 tsp thyme leaves dried
- 2 tsp lea & perrins worcestershire sauce

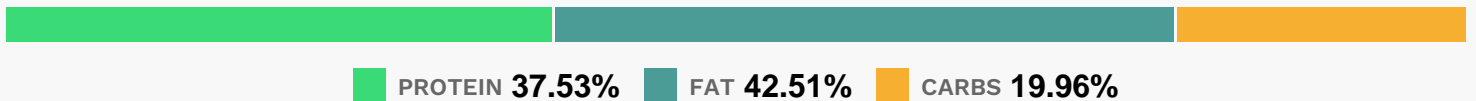
Equipment

- sauce pan
- dutch oven

Directions

- Heat oil in Dutch oven or large heavy saucepan on medium-high heat.
- Add ham, onions and green peppers; cook and stir until vegetables are crisp-tender.
- Add tomatoes with their liquid, the beef broth, rice, mustard, Worcestershire sauce, garlic and thyme; mix well. Bring to boil. Reduce heat to medium-low; cover. Simmer 25 min., stirring occasionally.
- Stir in shrimp; cook 10 min. or until shrimp are cooked through.
- Add black pepper; mix well.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:15.161304318387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 271.51kcal (13.58%), Fat: 12.79g (19.68%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 11.77g (4.28%), Sugar: 3.24g (3.6%), Cholesterol: 127.57mg (42.52%), Sodium: 1180.73mg (51.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.83%), Vitamin C: 36.69mg (44.48%), Phosphorus: 314.7mg (31.47%), Selenium: 21.7µg (31%), Vitamin B1: 0.4mg (26.35%), Vitamin B12: 1.35µg (22.43%), Vitamin B3: 4.28mg (21.38%), Zinc: 3.08mg (20.51%), Copper: 0.39mg (19.3%), Vitamin B6: 0.37mg (18.35%), Potassium: 559.09mg (15.97%), Iron: 2.61mg (14.52%), Manganese: 0.28mg (14.11%), Vitamin B2: 0.21mg (12.27%), Magnesium: 46.29mg (11.57%), Folate: 38.36µg (9.59%), Vitamin B5: 0.83mg (8.29%), Fiber: 1.75g (7.01%), Vitamin E: 0.97mg (6.46%), Calcium: 62.17mg (6.22%), Vitamin K: 4.95µg (4.71%), Vitamin A: 136.21IU (2.72%)