



WHATSheATE



Easy Skillet Jambalaya



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 cup bell pepper frozen
- ☐ 1 cup corn frozen
- ☐ 8 oz baked beans red
- ☐ 1 serving water
- ☐ 12 oz spam lite drained cut into 1/2-inch cubes canned
- ☐ 2 plum tomatoes italian chopped

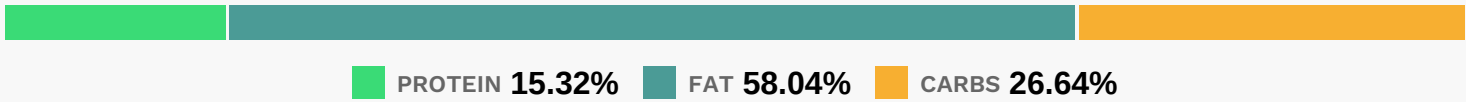
Equipment

☐ frying pan

Directions

- ☐ Heat oil in large skillet over medium heat until hot.
- ☐ Add bell pepper and onion stir-fry; cook and stir 2 minutes or until crisp-tender.
- ☐ Add corn, beans and rice mix, and amount of water as directed on package of mix. Bring to a boil. Reduce heat to low; cover and simmer 10 to 15 minutes, stirring occasionally.
- ☐ Add luncheon meat and tomatoes; stir gently to mix. Cook 3 to 5 minutes or until rice is tender, stirring occasionally. If desired, garnish with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:4.29, Inflammation Score:-8, Nutrition Score:17.397826111835%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 414.63kcal (20.73%), Fat: 27.5g (42.3%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 22.96g (8.35%), Sugar: 2.38g (2.64%), Cholesterol: 64.35mg (21.45%), Sodium: 1442.05mg (62.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.67%), Vitamin C: 56.03mg (67.92%), Selenium: 22.51µg (32.15%), Vitamin A: 1426.18IU (28.52%), Vitamin B1: 0.37mg (24.92%), Phosphorus: 242.67mg (24.27%), Potassium: 796.43mg (22.76%), Vitamin B3: 4.5mg (22.49%), Fiber: 5.43g (21.71%), Vitamin B6: 0.43mg (21.44%), Zinc: 2.62mg (17.47%), Manganese: 0.35mg (17.35%), Folate: 61.25µg (15.31%), Vitamin B2: 0.25mg (14.42%), Magnesium: 52.86mg (13.21%), Iron: 2.05mg (11.4%), Copper: 0.22mg (11.02%), Vitamin E: 1.62mg (10.78%), Vitamin B12: 0.38µg (6.38%), Vitamin K: 6.38µg (6.08%), Calcium: 39.22mg (3.92%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.32mg (3.23%)