Easy Slow-Cooker Jambalaya

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
320 min.	8	525 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 28 oz frangelico diced with juice canned
- [ ] 3 stalks celery chopped
- [ ] 2 cups chicken broth
- [ ] 1 teaspoon thyme dried
- [ ] 3 cloves garlic chopped
- [ ] 1 large bell pepper green seeded chopped
- [ ] 1 large onion chopped
- [ ] 1 teaspoon oregano dried

- [ ] 8 servings parsley
- [ ] 1.8 cups rice long-grain
- [ ] 1 pound shrimp deveined peeled
- [ ] 2 pounds chicken thighs boneless skinless
- [ ] 1 pound andouille smoked cut into 2-inch slices
- [ ] 1 tablespoon creole seasoning

Equipment

- [ ] slow cooker

Directions

- [ ] Combine chicken, sausage, onion, green pepper, celery, tomatoes, garlic, chicken broth, spice mix, thyme and oregano in a large (5-quart) slow cooker. Cook on low for 5 hours.
- [ ] Add shrimp and rice; raise heat to high and cook for 30 minutes more.
- [ ] Sprinkle with chopped parsley, if desired.

Nutrition Facts

PROTEIN **34.29%** FAT **36.09%** CARBS **29.62%**

Properties

Glycemic Index:28.65, Glycemic Load:20.19, Inflammation Score:-8, Nutrition Score:24.911304536073%

Flavonoids

Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg, Apigenin: 9.05mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 524.85kcal (26.24%), Fat: 20.64g (31.76%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 36.2g (13.17%), Sugar: 1.91g (2.12%), Cholesterol: 240.45mg (80.15%), Sodium: 885.31mg (38.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.13g (88.25%), Vitamin K: 79.13µg (75.37%), Selenium: 39.79µg (56.84%), Phosphorus: 462.58mg (46.26%), Vitamin B3: 9.24mg (46.2%), Vitamin B6: 0.78mg

(39.15%), Manganese: 0.65mg (32.49%), Vitamin C: 24.55mg (29.76%), Zinc: 4.33mg (28.84%), Vitamin B12: 1.59µg (26.56%), Copper: 0.46mg (22.87%), Vitamin B2: 0.38mg (22.57%), Vitamin B1: 0.32mg (21.5%), Vitamin B5: 2.13mg (21.31%), Potassium: 737.46mg (21.07%), Magnesium: 73.19mg (18.3%), Iron: 2.84mg (15.75%), Vitamin A: 778.09IU (15.56%), Calcium: 91.34mg (9.13%), Fiber: 1.91g (7.65%), Folate: 28.77µg (7.19%), Vitamin E: 0.66mg (4.43%), Vitamin D: 0.62µg (4.16%)