



## Everything Jambalaya

READY IN



30 min.

SERVINGS



4

CALORIES



1073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 pound andouille diced
- 1 tablespoon butter
- 14 ounce canned tomatoes diced canned
- 2 ribs celery chopped
- 1 pound meat chicken dark boneless skinless white
- 14 ounce paper container chicken stock canned
- 1 teaspoon chili powder dark ()
- 4 servings coarse salt and pepper black
- 1 teaspoon cumin ()

- 2 tablespoons flour all-purpose (a handful)
- 1 bay leaf fresh
- 4 servings thyme leaves fresh chopped for garnish
- 1 bell pepper green chopped
- 1 drops several hot sauce
- 1 tablespoon olive oil extra-virgin
- 1 medium onion chopped
- 1 teaspoon poultry seasoning ( )
- 1 pound shrimp raw deveined peeled for easy peel at fish counter (ask )
- 2 cups enriched rice white
- 4 servings scallions chopped for garnish
- 1 teaspoon worcestershire sauce

## Equipment

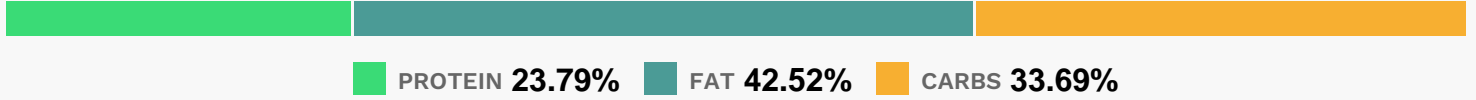
- bowl
- frying pan
- ladle
- pot
- ice cream scoop

## Directions

- Cook rice to package directions.
- Place a large, deep skillet over medium high heat.
- Add oil and butter to the pan. Cube chicken and place in hot oil and butter. Brown chicken 3 minutes, add sausage, and cook 2 minutes more.
- Add onion, celery, pepper, bay, and cayenne.
- Saute vegetables 5 minutes, sprinkle flour over the pan and cook 1 or 2 minutes more. Stir in tomatoes and broth and season with cumin, chili, poultry seasoning, and Worcestershire. Bring liquids to a boil and add shrimp.

- Simmer shrimp 5 minutes until pink and firm.
- Remove the pot from the heat and place on a trivet. Ladle jambalaya into shallow bowls. Using an ice cream scoop, place a scoop of rice on to the center of the bowlfuls of jambalaya.
- Sprinkle dishes with salt, pepper, chopped scallions, and thyme leaves.

## Nutrition Facts



### Properties

Glycemic Index:92.3, Glycemic Load:47.5, Inflammation Score:-9, Nutrition Score:36.677826217983%

### Flavonoids

Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

### Nutrients (% of daily need)

Calories: 1073.29kcal (53.66%), Fat: 49.94g (76.83%), Saturated Fat: 15.39g (96.18%), Carbohydrates: 89.03g (29.68%), Net Carbohydrates: 85.78g (31.19%), Sugar: 5.14g (5.72%), Cholesterol: 311.57mg (103.86%), Sodium: 1824.26mg (79.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.87g (125.74%), Selenium: 85.41µg (122.01%), Vitamin B3: 18.62mg (93.1%), Phosphorus: 736.68mg (73.67%), Manganese: 1.28mg (63.84%), Vitamin B6: 1.11mg (55.33%), Vitamin B12: 2.45µg (40.83%), Zinc: 6.07mg (40.47%), Vitamin C: 31.82mg (38.56%), Copper: 0.65mg (32.47%), Vitamin B1: 0.48mg (32.18%), Vitamin B5: 3.08mg (30.83%), Potassium: 1054.96mg (30.14%), Vitamin B2: 0.5mg (29.44%), Vitamin K: 30.09µg (28.65%), Magnesium: 104.25mg (26.06%), Iron: 4.59mg (25.5%), Vitamin E: 3.81mg (25.43%), Vitamin A: 1070.46IU (21.41%), Folate: 69.53µg (17.38%), Calcium: 150.94mg (15.09%), Fiber: 3.25g (13%), Vitamin D: 1.53µg (10.21%)