



Fantastic Foolproof Smokey Jambalaya

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

READY IN



25 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 21 oz beef broth canned
- 1 rib celery finely chopped
- 3 tablespoons zatarain's creole seasoning
- 1 bell pepper green finely chopped
- 6 servings garnish: green onion tops
- 1 onion finely chopped
- 1.5 cups mahatma extra rice long grain white uncooked

- 1 cup sausage smoked diced
- 1 cup fatty pork smoked shredded
- 1 cup american shrimp wild fresh uncooked peeled
- 4 tablespoons crisco vegetable oil
- 1 cup water
- 1 cup pilgrim's pride boneless skinless cubed

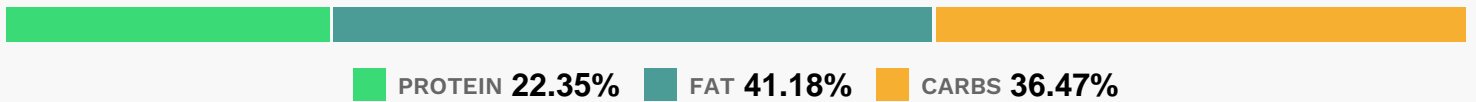
Equipment

- oven
- dutch oven

Directions

- If frozen, thaw shrimp according to package directions. Devein, if desired, and set aside.
- Cook onion and next 4 ingredients in hot oil in a 4-qt. cast iron Dutch oven over medium-high heat, stirring constantly, 10 minutes or until chicken is lightly browned. Stir in rice and next 5 ingredients.
- Bake, covered, at 325 for 50 minutes. (Do not remove lid or stir.)
- Remove from oven, and stir in shrimp.
- Bake, covered, 10 more minutes or just until shrimp turn pink.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:32.36, Glycemic Load:23.02, Inflammation Score:-7, Nutrition Score:16.80347807511%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 543.42kcal (27.17%), Fat: 24.74g (38.07%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 47.22g (17.17%), Sugar: 7.45g (8.28%), Cholesterol: 144.52mg (48.17%), Sodium: 1011.6mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.22g (60.44%), Manganese: 0.66mg (32.76%), Vitamin K: 33.88µg (32.27%), Selenium: 21.85µg (31.22%), Phosphorus: 283.22mg (28.32%), Vitamin B3: 5.29mg (26.46%), Vitamin C: 21.06mg (25.53%), Vitamin A: 1244.21IU (24.88%), Vitamin B6: 0.46mg (22.84%), Zinc: 2.57mg (17.13%), Copper: 0.34mg (17.07%), Vitamin B12: 0.89µg (14.8%), Potassium: 507.26mg (14.49%), Vitamin B1: 0.2mg (13.24%), Vitamin B2: 0.22mg (12.68%), Magnesium: 50.17mg (12.54%), Iron: 2.19mg (12.16%), Vitamin B5: 1.17mg (11.74%), Vitamin E: 1.72mg (11.47%), Calcium: 85.64mg (8.56%), Fiber: 2.09g (8.37%), Folate: 20.81µg (5.2%), Vitamin D: 0.41µg (2.75%)