



## Fried-Rice Jambalaya

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

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound chorizo sausage dry cooked cut into 1/4-inch slices ()
- 2 garlic cloves minced
- 1 bell pepper green seeded cut into 1/4-inch dice
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 1 onion cut into 1/4-inch dice
- 1 teaspoon paprika
- 0.3 cup peas frozen thawed

- 0.1 teaspoon pepper freshly ground
- 2 cups rice long-grain

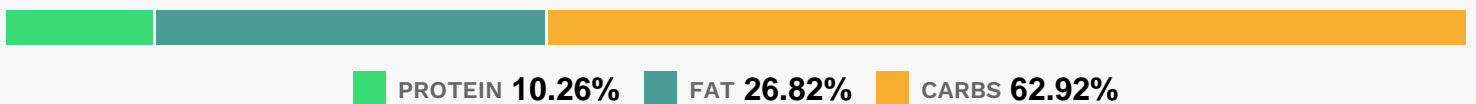
## Equipment

- frying pan
- sauce pan

## Directions

- In a large saucepan, combine the rice, 3 cups of water, and 1 teaspoon of the salt. Bring to a boil, reduce heat, cover, and simmer until all the water is absorbed, about 15 minutes.
- Remove from heat and let sit, covered, 10 minutes. Meanwhile, heat the oil in a large saute pan over medium heat.
- Add the onion, bell pepper, and garlic and cook until lightly browned, 7 to 8 minutes.
- Add the sausage, peas, paprika, pepper, remaining salt, and cooked rice.
- Heat through, 2 to 3 minutes.
- Sprinkle with the scallions, if desired.
- Serve hot.If You Don't Have... chorizo, use kielbasa, beans, chicken breast, or any other leftover meat.

## Nutrition Facts



## Properties

Glycemic Index:54.88, Glycemic Load:45.8, Inflammation Score:-7, Nutrition Score:12.946956572325%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

## Nutrients (% of daily need)

Calories: 521.47kcal (26.07%), Fat: 15.24g (23.44%), Saturated Fat: 5.75g (35.95%), Carbohydrates: 80.45g (26.82%), Net Carbohydrates: 77.36g (28.13%), Sugar: 2.74g (3.05%), Cholesterol: 40mg (13.33%), Sodium: 1171.28mg (50.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.25%), Manganese: 1.17mg (58.59%), Vitamin C: 41.54mg (50.36%), Selenium: 14.57µg (20.82%), Vitamin B6: 0.3mg (15.06%), Vitamin A: 735.52IU (14.71%), Phosphorus: 137.31mg (13.73%), Copper: 0.26mg (13.25%), Fiber: 3.09g (12.35%), Iron: 1.88mg (10.45%), Vitamin B5: 1.04mg (10.36%), Vitamin B3: 1.97mg (9.84%), Vitamin K: 10.14µg (9.66%), Vitamin E: 1.39mg (9.26%), Vitamin B1: 0.13mg (8.75%), Zinc: 1.29mg (8.58%), Magnesium: 34.24mg (8.56%), Potassium: 246.63mg (7.05%), Folate: 23.75µg (5.94%), Calcium: 54.58mg (5.46%), Vitamin B2: 0.08mg (5%)