



Garden Harvest Jambalaya



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 carrots (10 oz. total)
- ☐ 0.5 teaspoon cayenne
- ☐ 3 cloves garlic minced
- ☐ 1 cup green beans
- ☐ 4 kohlrabi bulb (1 lb. total)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 lb onion
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 lb bell pepper red
- ☐ 8 servings salt
- ☐ 20 oz firm-ripe tomatoes
- ☐ 2.3 cups vegetable broth
- ☐ 1.3 cups rice long-grain white
- ☐ 0.5 lb zucchini

Equipment

- ☐ frying pan

Directions

- ☐ Core tomatoes. Chop 1 tomato and slice the other.
- ☐ Stem, seed, and coarsely chop bell pepper.
- ☐ Peel kohlrabi and cut into 1/2-inch chunks.
- ☐ Trim ends from carrots, zucchini, and beans.
- ☐ Cut carrots in half lengthwise, then into 2-inch pieces. Quarter zucchini lengthwise, then cut into 2-inch pieces.
- ☐ Cut beans into 2-inch pieces. Chop onion.
- ☐ In a 6- to 8-quart pan over medium heat, stir oil, onion, and garlic occasionally until onion is limp, about 4 minutes.
- ☐ Stir in the chopped tomato, bell pepper, kohlrabi, carrots, cayenne, and pepper. Cover and simmer, stirring occasionally, until kohlrabi is barely tender when pierced, about 10 minutes.
- ☐ Stir in rice and broth and bring mixture to a boil over high heat. Cover, reduce heat, and simmer until rice is almost tender to bite, about 20 minutes.
- ☐ Add zucchini and green beans; simmer, covered, just until beans are tender when pierced, 7 to 10 minutes longer.
- ☐ Spoon onto a platter and top with sliced tomato.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:18.25, Inflammation Score:-10, Nutrition Score:18.836086998815%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 2.47g (3.8%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 34.89g (12.69%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 494.42mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin C: 102.69mg (124.48%), Vitamin A: 4398.39IU (87.97%), Manganese: 0.73mg (36.41%), Fiber: 6.2g (24.8%), Vitamin B6: 0.44mg (22.02%), Potassium: 727.69mg (20.79%), Vitamin K: 17.73µg (16.89%), Folate: 57.95µg (14.49%), Copper: 0.26mg (12.96%), Phosphorus: 126.18mg (12.62%), Magnesium: 47.05mg (11.76%), Vitamin E: 1.71mg (11.42%), Vitamin B1: 0.15mg (10.04%), Vitamin B3: 1.92mg (9.62%), Selenium: 5.68µg (8.12%), Vitamin B5: 0.76mg (7.63%), Vitamin B2: 0.13mg (7.51%), Iron: 1.26mg (7.02%), Calcium: 59.79mg (5.98%), Zinc: 0.78mg (5.18%)