Jambalasta

Dairy Free

READY IN	SERVINGS	CALORIES
50 min.	6	887 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 tablespoon cajun spice
- [ ] 28 ounce canned tomatoes diced undrained canned
- [ ] 1 tablespoon cornstarch
- [ ] 1 teaspoon garlic powder
- [ ] 1 tablespoon hot sauce louisiana-style
- [ ] 1 pound kielbasa cut into 1/4-inch slices
- [ ] 2 tablespoons olive oil
- [ ] 1 onion chopped

- [ ] 1 teaspoon oregano dried
- [ ] 1 tablespoon paprika
- [ ] 24 ounce linguine pasta
- [ ] 1 teaspoon salt
- [ ] 1 pound shrimp deveined peeled
- [ ] 2 chicken breasts boneless skinless cut into strips
- [ ] 1 tablespoon sugar
- [ ] 2 tablespoons water cold

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] ladle
- [ ] whisk
- [ ] pot
- [ ] colander

Directions

- [ ] Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- [ ] Drain well in a colander set in the sink.
- [ ] Heat the oil in a large skillet over high heat; cook and stir the onion in the oil until translucent, about 5 minutes.
- [ ] Add the chicken, shrimp, sugar, Cajun seasoning, paprika, garlic powder, oregano, salt, and hot sauce and cook until the chicken is no longer pink in the center and the juices run clear, 8 to 10 minutes. Stir in the kielbasa and diced tomatoes.
- [ ] Whisk together the cornstarch and cold water in a small bowl until smooth; pour into the skillet. Reduce heat to medium and simmer until thickened, about 10 minutes. Ladle over the linguine.

Nutrition Facts

PROTEIN **23.21%** FAT **30.62%** CARBS **46.17%**

Properties

Glycemic Index:40.85, Glycemic Load:38.96, Inflammation Score:-9, Nutrition Score:32.358260693757%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 887.42kcal (44.37%), Fat: 30.17g (46.42%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 102.36g (34.12%), Net Carbohydrates: 94.89g (34.51%), Sugar: 11.92g (13.24%), Cholesterol: 198.74mg (66.25%), Sodium: 1425.37mg (61.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.47g (102.93%), Selenium: 98.32µg (140.46%), Manganese: 1.43mg (71.74%), Phosphorus: 615.97mg (61.6%), Vitamin B3: 10.36mg (51.78%), Copper: 0.97mg (48.74%), Vitamin B6: 0.87mg (43.62%), Vitamin B1: 0.62mg (41.64%), Potassium: 1252.08mg (35.77%), Magnesium: 140.88mg (35.22%), Zinc: 4.81mg (32.05%), Iron: 5.54mg (30.81%), Fiber: 7.47g (29.89%), Vitamin A: 1454.55IU (29.09%), Vitamin E: 3.27mg (21.81%), Vitamin C: 16.39mg (19.87%), Vitamin B2: 0.32mg (19.1%), Vitamin B5: 1.82mg (18.24%), Calcium: 144.07mg (14.41%), Vitamin B12: 0.82µg (13.6%), Vitamin K: 14.08µg (13.41%), Folate: 46.41µg (11.6%)