



Jambalaya

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon beef bouillon granules
- ☐ 8 ounce tomato sauce canned
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 tablespoons onion dried minced
- ☐ 1 tablespoon parsley flakes dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 cup rice long-grain
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shrimp fresh deveined peeled
- ☐ 0.5 pound sausage smoked fully cooked cut into 1/4-inch slices
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2.5 cups water

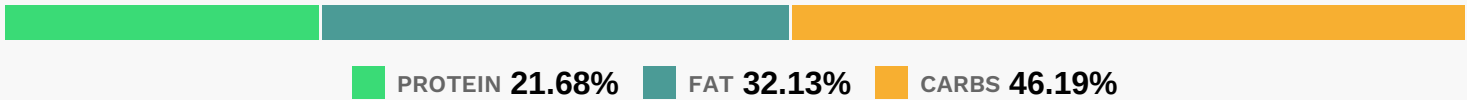
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, combine mix, water, tomatoes, tomato sauce and smoked sausage. Bring mixture to a boil over medium-high heat. Cover, reduce heat and let simmer for 20 minutes.
- ☐ Add shrimp and cook for an additional 5 to 7 minutes, or until shrimp are pink.
- ☐ Serve immediately.
- ☐ In a small bowl, combine rice, onion, parsley, beef bouillon, thyme, garlic powder, black pepper, cayenne pepper, salt, and bay leaf.
- ☐ Pour into cellophane bag. Store in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:43.03, Glycemic Load:16.88, Inflammation Score:-6, Nutrition Score:12.158695573392%

Flavonoids

Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 301.53kcal (15.08%), Fat: 10.82g (16.65%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 35g (11.67%),
Net Carbohydrates: 32.34g (11.76%), Sugar: 5.39g (5.99%), Cholesterol: 87.73mg (29.24%), Sodium: 937.63mg
(40.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.87%), Manganese: 0.62mg (31.2%), Copper:
0.44mg (21.83%), Phosphorus: 200.81mg (20.08%), Potassium: 573.62mg (16.39%), Selenium: 10.71µg (15.3%),
Vitamin B6: 0.3mg (15.16%), Vitamin B3: 3mg (14.98%), Vitamin C: 11.36mg (13.78%), Zinc: 1.99mg (13.3%), Vitamin B1:
0.19mg (13%), Magnesium: 50.3mg (12.58%), Iron: 2.25mg (12.49%), Fiber: 2.66g (10.63%), Vitamin E: 1.47mg
(9.78%), Vitamin B12: 0.58µg (9.65%), Vitamin K: 9.56µg (9.11%), Vitamin B2: 0.15mg (9%), Vitamin B5: 0.83mg
(8.25%), Calcium: 78.87mg (7.89%), Vitamin A: 357.35IU (7.15%), Folate: 21.34µg (5.33%), Vitamin D: 0.42µg (2.77%)