



Jambalaya

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

READY IN



40 min.

SERVINGS



5

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces kielbasa lean cut into 1/8-inch slices
- 2 cups bell pepper frozen thawed
- 8 oz finely-chopped ham fat-free cubed fully cooked
- 2.5 teaspoons thyme leaves dried fresh chopped
- 1 teaspoon sugar
- 0.3 teaspoon salt
- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)

1 cup rice uncooked (converted)

1 serving hot sauce red

Equipment

dutch oven

Directions

Spray 4-quart Dutch oven with cooking spray; heat over medium-high heat. In Dutch oven, cook sausage about 2 minutes, stirring constantly, until brown.

Remove sausage from Dutch oven; set aside.

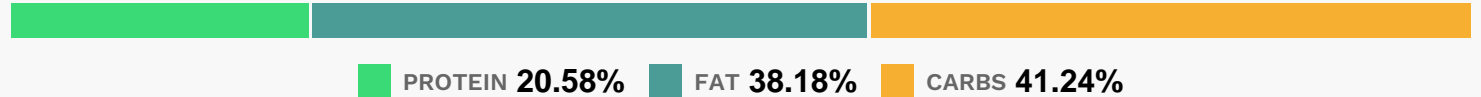
Stir in remaining ingredients except rice and pepper sauce.

Heat to boiling. Stir in rice; return to boiling. Reduce heat; cover and simmer 20 minutes.

Stir in sausage; heat until hot.

Serve with pepper sauce.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:23.6930436673337%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 414.29kcal (20.71%), Fat: 17.69g (27.22%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 39.29g (14.29%), Sugar: 7.71g (8.57%), Cholesterol: 64.86mg (21.62%), Sodium: 1194.94mg (51.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.93%), Vitamin C: 97.83mg (118.58%), Vitamin A: 2121.74IU (42.43%), Vitamin B1: 0.6mg (39.95%), Manganese: 0.71mg (35.38%), Vitamin B3: 6.68mg (33.41%), Selenium: 23.24µg (33.2%), Phosphorus: 309mg (30.9%), Vitamin B6: 0.59mg (29.67%), Potassium: 764.09mg (21.83%), Copper: 0.41mg (20.45%), Vitamin B12: 1.17µg (19.44%), Vitamin B2: 0.32mg (19.05%), Zinc: 2.8mg (18.68%), Iron: 3.2mg (17.77%), Fiber: 3.71g (14.85%), Vitamin E: 2.19mg (14.62%), Vitamin B5: 1.44mg (14.37%),

Magnesium: 54.07mg (13.52%), Folate: 45.68µg (11.42%), Vitamin K: 8.09µg (7.7%), Calcium: 63.04mg (6.3%)