



Jambalaya

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

READY IN



40 min.

SERVINGS



5

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bell pepper frozen thawed
- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 8 oz finely-chopped ham fat-free cubed fully cooked
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- 5 servings hot sauce red
- 8 ounces kielbasa lean cut into 1/8-inch slices
- 1 cup rice uncooked (converted)
- 0.3 teaspoon salt

1 teaspoon sugar

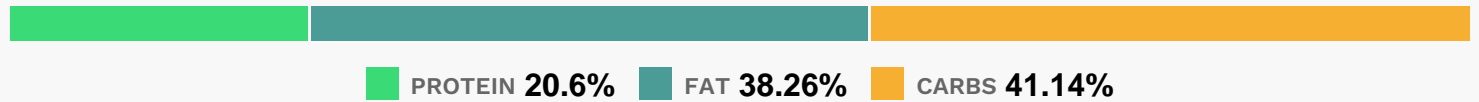
Equipment

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:45.86, Glycemic Load:21.3, Inflammation Score:-9, Nutrition Score:23.453913045966%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg 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: 413.29kcal (20.66%), Fat: 17.68g (27.19%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 39.19g (14.25%), Sugar: 7.71g (8.57%), Cholesterol: 64.86mg (21.62%), Sodium: 1196.96mg (52.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Vitamin C: 96.29mg (116.72%), Vitamin A: 2074.36IU (41.49%), Vitamin B1: 0.6mg (39.92%), Manganese: 0.69mg (34.52%), Vitamin B3: 6.66mg (33.32%), Selenium: 23.24µg (33.2%), Phosphorus: 307.95mg (30.8%), Vitamin B6: 0.59mg (29.5%), Potassium: 758.11mg (21.66%), Copper: 0.4mg (20.18%), Vitamin B12: 1.17µg (19.44%), Vitamin B2: 0.32mg (18.78%), Zinc: 2.78mg (18.56%), Iron: 3.02mg (16.8%), Vitamin E: 2.19mg (14.62%), Vitamin B5: 1.43mg (14.33%), Fiber: 3.57g (14.29%), Magnesium: 52.47mg (13.12%), Folate: 45.23µg (11.31%), Vitamin K: 8.09µg (7.7%), Calcium: 59mg (5.9%)