



WHATSheATE



Jambalaya



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole undrained canned
- ☐ 16 ounce kielbasa cut into 1/4-inch rounds
- ☐ 1 tablespoon olive oil
- ☐ 8 ounce raspberry gelatin spanish
- ☐ 1 pound shrimp raw deveined peeled

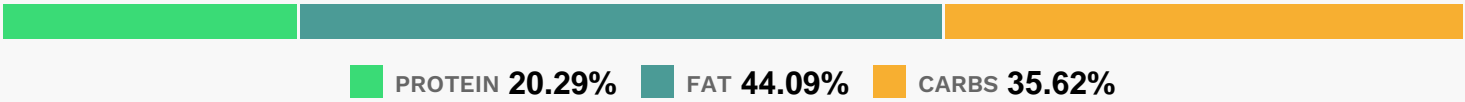
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the oil in a saucepan over medium heat.
- ☐ Add the kielbasa and cook until browned on both sides, about 4 minutes.
- ☐ Add the tomatoes and their juices along with 1/2 cup of water and bring to a boil. Stir in the rice mix. Reduce heat, cover, and cook for the time specified on the rice package.
- ☐ Add the shrimp and stir. Cover and cook until the shrimp are pink, 3 to 4 minutes.
- ☐ Add the hot pepper sauce (if using). Spoon into individual bowls.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:4.58, Inflammation Score:-6, Nutrition Score:26.946956458299%

Nutrients (% of daily need)

Calories: 760.66kcal (38.03%), Fat: 37.77g (58.11%), Saturated Fat: 12.41g (77.54%), Carbohydrates: 68.66g (22.89%), Net Carbohydrates: 64.89g (23.6%), Sugar: 57.52g (63.91%), Cholesterol: 222.26mg (74.09%), Sodium: 2161.44mg (93.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.1g (78.2%), Selenium: 58.63µg (83.75%), Phosphorus: 574.36mg (57.44%), Vitamin B1: 0.74mg (49.5%), Vitamin B3: 8.35mg (41.75%), Vitamin B12: 2.37µg (39.5%), Copper: 0.74mg (36.93%), Vitamin B6: 0.7mg (34.81%), Vitamin E: 4.48mg (29.88%), Potassium: 982.35mg (28.07%), Zinc: 3.83mg (25.53%), Iron: 4.54mg (25.25%), Vitamin C: 19.39mg (23.5%), Manganese: 0.46mg (22.89%), Magnesium: 81.65mg (20.41%), Vitamin B2: 0.31mg (18.31%), Fiber: 3.77g (15.08%), Calcium: 144.05mg (14.41%), Vitamin B5: 1.42mg (14.21%), Folate: 51.31µg (12.83%), Vitamin A: 630.78IU (12.62%), Vitamin K: 12.96µg (12.35%)