



## Jambalaya



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound andouille sausage sliced
- ☐ 1 bay leaf
- ☐ 2 tablespoons canola oil
- ☐ 1 cup celery diced
- ☐ 3 cups chicken broth
- ☐ 2 teaspoons creole seasoning
- ☐ 20 oz tomatoes and chiles diced green drained canned
- ☐ 1 teaspoon thyme leaves dried

- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 10 servings garnish: green onions chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound shrimp raw deveined peeled
- ☐ 1 large bell pepper diced red
- ☐ 2 cups rice long-grain uncooked
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 2 cups onion diced sweet

## Equipment

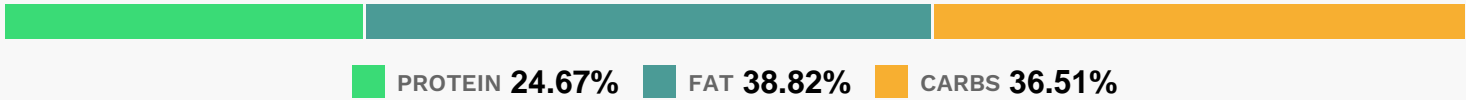
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Cook sausage in hot oil in a Dutch oven over medium-high heat, stirring constantly, 5 minutes or until browned.
- ☐ Remove sausage with a slotted spoon.
- ☐ Add diced onion and next 7 ingredients to hot drippings; saut 5 minutes or until vegetables are tender. Stir in tomatoes, next 3 ingredients, and sausage. Bring to a boil over high heat. Cover, reduce heat to medium, and simmer, stirring occasionally, 20 minutes or until rice is tender.
- ☐ Stir in shrimp; cover and cook 5 minutes or just until shrimp turn pink. Stir in parsley.
- ☐ Serve immediately.
- ☐ To Freeze: Prepare recipe as directed. Line bottom and sides of a 13- x 9-inch baking dish with heavy-duty aluminum foil, allowing 2 to 3 inches to extend over sides; fill with jambalaya. Cover and freeze. To serve, remove foil, return casserole to original baking dish; cover and

- thaw in refrigerator 24 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake at 350 until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:25.62, Glycemic Load:18.33, Inflammation Score:-8, Nutrition Score:21.769565250563%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

## Nutrients (% of daily need)

Calories: 422.87kcal (21.14%), Fat: 18.14g (27.9%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 36.03g (13.1%), Sugar: 4.85g (5.39%), Cholesterol: 118.57mg (39.52%), Sodium: 930.4mg (40.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Vitamin K: 72.59µg (69.14%), Selenium: 36.1µg (51.58%), Vitamin C: 33.97mg (41.18%), Vitamin B3: 7.3mg (36.52%), Phosphorus: 310.97mg (31.1%), Manganese: 0.61mg (30.65%), Vitamin B6: 0.53mg (26.53%), Vitamin A: 1225.53IU (24.51%), Zinc: 2.7mg (17.97%), Vitamin B12: 1.04µg (17.39%), Potassium: 580.72mg (16.59%), Vitamin E: 2.46mg (16.43%), Vitamin B1: 0.24mg (16.22%), Vitamin B2: 0.26mg (15.24%), Copper: 0.3mg (15.14%), Iron: 2.58mg (14.31%), Vitamin B5: 1.32mg (13.23%), Magnesium: 49.65mg (12.41%), Folate: 46.13µg (11.53%), Fiber: 2.36g (9.42%), Calcium: 90.67mg (9.07%), Vitamin D: 0.68µg (4.54%)