



Jambalaya



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 celery stalks chopped
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 3 cloves garlic chopped

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup parsley coarsely chopped
- ☐ 1 large bell pepper diced red
- ☐ 1.5 cups rice
- ☐ 0.5 teaspoon salt
- ☐ 4 scallions sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 pounds chicken thighs boneless skinless cut into bite-size chunks
- ☐ 0.8 pound sausage smoked such as andouille, sliced into rounds

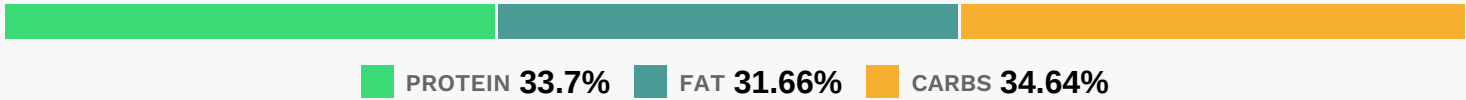
Equipment

- ☐ dutch oven

Directions

- ☐ Saut the sausage in a Dutch oven over medium-high heat until lightly browned.
- ☐ Remove and set aside.
- ☐ Add the red pepper to the Dutch oven; saut 2 minutes.
- ☐ Add the celery, scallions, parsley, garlic, and thyme, stirring well. Cook another 3 minutes, then add the rice, still stirring.
- ☐ Add the chicken, combining well. Reduce heat to low and cook 5 minutes. Stir in the sausage, tomatoes, broth, bay leaves, salt, black pepper, and cayenne. Cover and cook 15 to 20 minutes or until the rice is done. Stir in the shrimp and lemon juice and cook until the shrimp are just done, another 3 to 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:19.32, Inflammation Score:-10, Nutrition Score:26.905217170715%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 452.51kcal (22.63%), Fat: 15.87g (24.42%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 35.69g (12.98%), Sugar: 5.77g (6.41%), Cholesterol: 203.45mg (67.82%), Sodium: 1004.89mg (43.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.03%), Vitamin K: 83.25µg (79.29%), Vitamin C: 45.46mg (55.1%), Selenium: 31.1µg (44.43%), Vitamin B3: 8.35mg (41.76%), Phosphorus: 413.98mg (41.4%), Vitamin B6: 0.75mg (37.37%), Manganese: 0.74mg (37.17%), Copper: 0.59mg (29.57%), Vitamin A: 1369.35IU (27.39%), Zinc: 3.8mg (25.36%), Potassium: 883.05mg (25.23%), Vitamin B2: 0.36mg (21.37%), Vitamin B1: 0.32mg (21.32%), Iron: 3.78mg (21%), Magnesium: 82.81mg (20.7%), Vitamin B12: 1.2µg (19.97%), Vitamin B5: 1.95mg (19.46%), Fiber: 3.4g (13.58%), Vitamin E: 1.87mg (12.44%), Calcium: 114.33mg (11.43%), Folate: 41.46µg (10.36%), Vitamin D: 0.47µg (3.12%)