



Jambalaya I

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 stalks celery diced
- 2 cups ham diced
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon parsley fresh minced
- 3 cloves garlic minced
- 1 bell pepper green chopped
- 2 onion chopped
- 1 cup converted rice long-grain white

- 1 pound shrimp deveined peeled
- 29 ounce stewed tomatoes canned
- 0.3 cup tomato paste
- 2 tablespoons vegetable oil

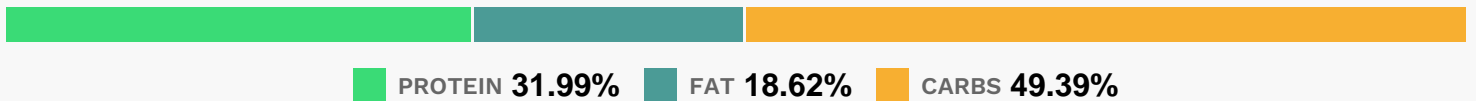
Equipment

- slow cooker

Directions

- In a slow cooker combine and thoroughly mix the ham, onions, celery, bell pepper, tomatoes, tomato paste, garlic, parsley, thyme leaves, cloves, salad oil and rice. Cover and cook on low for 8 to 10 hours.
- One hour before serving, turn slow cooker to high. Stir in the uncooked shrimp. Cover and cook until the shrimp are pink and tender.

Nutrition Facts



Properties

Glycemic Index:39.53, Glycemic Load:16.58, Inflammation Score:-7, Nutrition Score:14.488695870275%

Flavonoids

Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 325.37kcal (16.27%), Fat: 6.9g (10.62%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 37.73g (13.72%), Sugar: 9.1g (10.11%), Cholesterol: 142.07mg (47.36%), Sodium: 989.33mg (43.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.37%), Vitamin C: 33.68mg (40.83%), Copper: 0.6mg (29.75%), Manganese: 0.59mg (29.61%), Vitamin K: 30.81µg (29.34%), Phosphorus: 254.35mg (25.44%), Potassium: 762.67mg (21.79%), Iron: 3.37mg (18.74%), Magnesium: 63.2mg (15.8%), Vitamin E: 2.14mg (14.27%), Fiber: 3.48g (13.91%), Calcium: 128.49mg (12.85%), Zinc: 1.79mg (11.91%), Vitamin A: 595.6IU (11.91%), Vitamin B6: 0.22mg

(10.77%), Vitamin B3: 2.01mg (10.06%), Selenium: 6.51µg (9.3%), Vitamin B1: 0.13mg (8.41%), Folate: 25.66µg (6.42%), Vitamin B2: 0.11mg (6.2%), Vitamin B5: 0.59mg (5.93%)