

Jambalaya Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 0.5 cup celery sliced
- ☐ 0.3 teaspoon chili powder
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup ham cubed
- ☐ 0.3 cup onion chopped

- ☐ 0.8 cup salad dressing italian-style
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce tiny shrimp drained canned
- ☐ 1 cup tomatoes fresh chopped
- ☐ 1.3 cups water
- ☐ 0.7 cup rice long-grain white uncooked

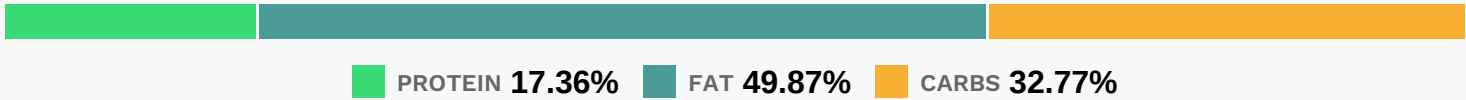
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, bring water to a boil. Stir in the rice. Cover, reduce heat, and simmer 20 minutes.
- ☐ While the rice is cooking, place bacon in a large, deep skillet over medium-high heat. Cook until evenly brown.
- ☐ Drain, cool, and crumble.
- ☐ In a large bowl, mix the cooked rice, crumbled bacon, shrimp, ham, bell pepper, celery, onion, and tomatoes.
- ☐ Prepare the dressing by whisking together the salad dressing, thyme, chili powder, garlic, and salt.
- ☐ Pour over rice mixture, and toss to coat. Cover, and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:10.4, Inflammation Score:-5, Nutrition Score:7.7182608661444%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 283.78kcal (14.19%), Fat: 15.67g (24.1%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22.04g (8.02%), Sugar: 4.73g (5.25%), Cholesterol: 65.25mg (21.75%), Sodium: 705.62mg (30.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin K: 24.8µg (23.62%), Vitamin C: 14.5mg (17.57%), Manganese: 0.33mg (16.42%), Phosphorus: 134.14mg (13.41%), Selenium: 8.28µg (11.82%), Copper: 0.21mg (10.58%), Vitamin B6: 0.18mg (9.09%), Potassium: 283.92mg (8.11%), Vitamin B3: 1.52mg (7.58%), Vitamin B1: 0.1mg (6.94%), Vitamin A: 340.53IU (6.81%), Vitamin E: 1.01mg (6.73%), Zinc: 0.99mg (6.6%), Magnesium: 25.88mg (6.47%), Iron: 0.91mg (5.05%), Fiber: 1.13g (4.5%), Calcium: 43.41mg (4.34%), Vitamin B5: 0.4mg (3.98%), Folate: 11.4µg (2.85%), Vitamin B2: 0.04mg (2.63%), Vitamin B12: 0.11µg (1.83%)