

Jambalaya Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 1.5 cups bell pepper green chopped (2 small)
- 1 teaspoon chili powder
- 3 garlic cloves minced
- 1 teaspoon hot sauce
- 2 cups rice instant uncooked
- 1 teaspoon penzey's southwest seasoning dried italian
- 30 ounce no-salt-added kidney beans red undrained canned

- 16 ounce okra frozen thawed sliced
- 1 cup onion chopped (1 medium)
- 0.8 teaspoon salt
- 2.5 cups tomatoes chopped (2 large)
- 24 ounce no-salt-added tomato sauce canned
- 4 cups water

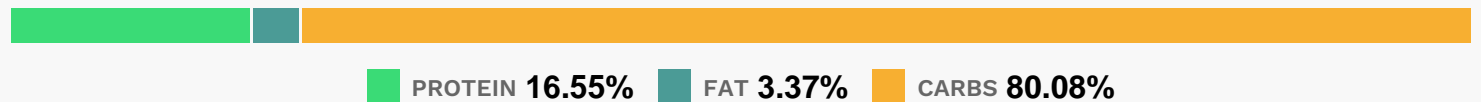
Equipment

- dutch oven

Directions

- Combine first 10 ingredients in a large Dutch oven. Bring to a boil; reduce heat, and cook, uncovered, 5 minutes.
- Add rice and remaining ingredients. Bring to a boil; reduce heat, and cook, uncovered, 5 minutes or until okra is tender.
- Remove and discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:15.34, Inflammation Score:-7, Nutrition Score:13.196956468665%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 184.03kcal (9.2%), Fat: 0.71g (1.09%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 31.23g (11.36%), Sugar: 3.53g (3.92%), Cholesterol: 0mg (0%), Sodium: 328.5mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.63%), Manganese: 0.85mg (42.46%), Vitamin C: 25.66mg

(31.11%), Fiber: 6.58g (26.31%), Folate: 98.95µg (24.74%), Vitamin K: 18.39µg (17.51%), Potassium: 552.78mg (15.79%), Copper: 0.3mg (14.98%), Magnesium: 58.48mg (14.62%), Phosphorus: 143.59mg (14.36%), Iron: 2.55mg (14.14%), Vitamin B6: 0.28mg (13.88%), Vitamin A: 672.96IU (13.46%), Vitamin B1: 0.19mg (12.74%), Vitamin B3: 1.62mg (8.12%), Zinc: 1.18mg (7.84%), Selenium: 4.74µg (6.78%), Vitamin E: 0.98mg (6.54%), Calcium: 61.92mg (6.19%), Vitamin B5: 0.61mg (6.05%), Vitamin B2: 0.1mg (5.91%)