



 **13%**  
HEALTH SCORE

## Jambalaya Stew

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**263 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 oz mild chicken sausage sweet italian fully cooked sliced into coins - i used trader joe's chicken sausage
- 14.5 oz canned tomatoes diced no salt added canned
- 0.8 cup onion chopped
- 1 large bell pepper green yellow seeded chopped
- 1 cup celery chopped
- 1 cup chicken broth low-sodium
- 0.5 cup brown rice uncooked
- 1 tbsp garlic minced

- 1 tsp cajun spice
- 0.5 tsp hot sauce to taste
- 0.3 tsp oregano dried
- 0.3 tsp thyme dried
- 6 oz shrimp raw deveined chopped

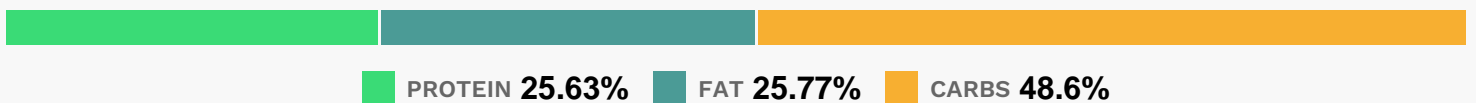
## Equipment

- pot
- stove

## Directions

- Add all ingredients except shrimp to a large pot on the stove.
- Mix thoroughly. Bring to a boil.
- Reduce heat to medium low. Cover and simmer until vegetables are tender and rice is fluffy, about 35 minutes.
- Add shrimp and re-cover. Continue to cook until shrimp are tender and cooked through, about 6 minutes.
- If you like, season to taste with salt, black pepper, and additional hot sauce.
- Serve and enjoy!!!

## Nutrition Facts



## Properties

Glycemic Index:44.44, Glycemic Load:11.21, Inflammation Score:-8, Nutrition Score:14.632608695652%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

## Taste

Sweetness: 30.09%, Saltiness: 100%, Sourness: 37.39%, Bitterness: 17.64%, Savoriness: 58.99%, Fattiness: 55.15%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 263.23kcal (13.16%), Fat: 7.66g (11.78%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 28.96g (10.53%), Sugar: 5.65g (6.28%), Cholesterol: 83.6mg (27.87%), Sodium: 891.92mg (38.78%), Protein: 17.13g (34.27%), Manganese: 1.07mg (53.57%), Vitamin C: 39.54mg (47.92%), Vitamin A: 1193IU (23.86%), Phosphorus: 212.39mg (21.24%), Vitamin B6: 0.38mg (19.07%), Selenium: 13.17µg (18.81%), Vitamin B3: 2.98mg (14.91%), Fiber: 3.53g (14.14%), Magnesium: 55.84mg (13.96%), Vitamin K: 13.39µg (12.75%), Iron: 2.12mg (11.77%), Copper: 0.23mg (11.63%), Potassium: 367.77mg (10.51%), Vitamin B1: 0.16mg (10.39%), Calcium: 93.53mg (9.35%), Vitamin B12: 0.53µg (8.85%), Folate: 32.6µg (8.15%), Zinc: 1.15mg (7.64%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.65mg (6.54%), Vitamin B2: 0.08mg (4.65%)