



Jambalaya Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon chili powder
- ☐ 3 cloves garlic minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 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
- ☐ 0.8 teaspoon salt
- ☐ 2.5 cups tomatoes chopped
- ☐ 24 ounce no-salt-added tomato sauce canned
- ☐ 4 cups water

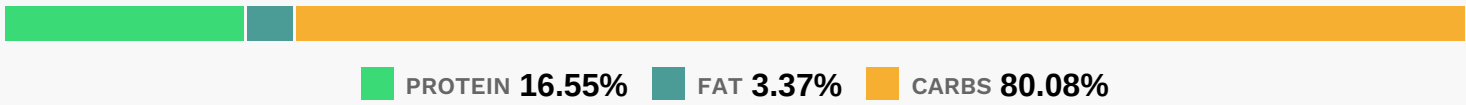
Equipment

- ☐ 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:34.93, Glycemic Load:30.69, Inflammation Score:-9, Nutrition Score:26.394347812818%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 24.11mg, Quercetin: 24.11mg, Quercetin: 24.11mg, Quercetin: 24.11mg

Nutrients (% of daily need)

Calories: 368.06kcal (18.4%), Fat: 1.42g (2.18%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 62.46g (22.71%), Sugar: 7.05g (7.83%), Cholesterol: 0mg (0%), Sodium: 657mg (28.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Manganese: 1.7mg (84.92%), Vitamin C: 51.33mg

(62.22%), Fiber: 13.15g (52.61%), Folate: 197.9µg (49.48%), Vitamin K: 36.78µg (35.03%), Potassium: 1105.56mg (31.59%), Copper: 0.6mg (29.95%), Magnesium: 116.95mg (29.24%), Phosphorus: 287.17mg (28.72%), Iron: 5.09mg (28.28%), Vitamin B6: 0.56mg (27.77%), Vitamin A: 1345.92IU (26.92%), Vitamin B1: 0.38mg (25.48%), Vitamin B3: 3.25mg (16.24%), Zinc: 2.35mg (15.67%), Selenium: 9.49µg (13.56%), Vitamin E: 1.96mg (13.08%), Calcium: 123.85mg (12.38%), Vitamin B5: 1.21mg (12.1%), Vitamin B2: 0.2mg (11.83%)