



Jambalaya with Shrimp and Andouille Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces andouille sausage sliced
- ☐ 1 bay leaf
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 tablespoon garlic minced
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 tablespoon tomato paste
- ☐ 0.8 cup water
- ☐ 1 cup rice long-grain white uncooked

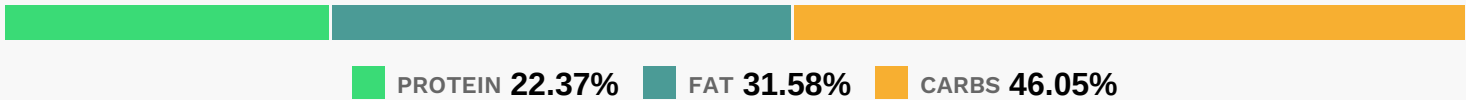
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add chopped onion, chopped bell pepper, minced garlic, and sausage; saut 5 minutes or until vegetables are tender.
- ☐ Add rice and the next 7 ingredients (through bay leaf); cook 2 minutes.
- ☐ Add broth, water, tomato paste, hot pepper sauce, and diced tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Add shrimp; cook 5 minutes.
- ☐ Let stand 5 minutes. Discard bay leaf. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:79.3, Glycemic Load:26.21, Inflammation Score:-9, Nutrition Score:24.926956332248%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 461.56kcal (23.08%), Fat: 16.46g (25.32%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 54g (18%), Net Carbohydrates: 49.1g (17.86%), Sugar: 9.1g (10.11%), Cholesterol: 127.86mg (42.62%), Sodium: 1213.62mg (52.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.47%), Vitamin C: 64.78mg (78.52%), Manganese: 0.98mg (48.95%), Vitamin K: 49.37µg (47.02%), Vitamin A: 1899.76IU (38%), Phosphorus: 316.32mg (31.63%), Copper: 0.63mg (31.61%), Vitamin B3: 5.89mg (29.47%), Selenium: 19.76µg (28.22%), Vitamin B6: 0.54mg (27.08%), Potassium: 908.86mg (25.97%), Vitamin E: 3.26mg (21.73%), Iron: 3.73mg (20.71%), Fiber: 4.89g (19.58%), Zinc: 2.9mg (19.35%), Magnesium: 75.7mg (18.93%), Vitamin B1: 0.28mg (18.53%), Vitamin B5: 1.42mg (14.18%), Vitamin B2: 0.24mg (14.03%), Calcium: 128.54mg (12.85%), Folate: 49.03µg (12.26%), Vitamin B12: 0.64µg (10.73%), Vitamin D: 0.6µg (3.97%)