



JoAnn's Jambalaya

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausage cut into 1/4-inch-thick slices
- ☐ 1 teaspoon cajun spice
- ☐ 14.5 oz canned tomatoes diced with garlic canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 32 oz chicken broth low-sodium
- ☐ 2 cups rice long-grain uncooked
- ☐ 10 oz vegetable seasoning blend frozen

☐ 2 teaspoons worcestershire sauce

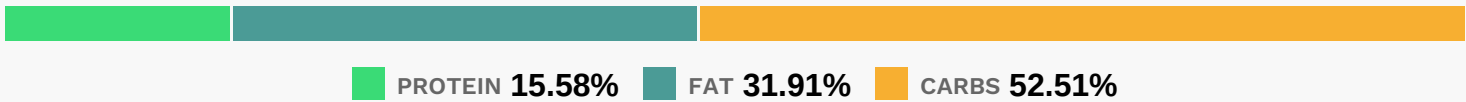
Equipment

- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook sausage in a large Dutch oven over medium-high heat, stirring frequently, 8 to 10 minutes or until browned.
- ☐ Remove sausage with a slotted spoon; drain on paper towels.
- ☐ Add vegetable seasoning blend to hot drippings in Dutch oven, and saut 3 to 5 minutes or until thoroughly heated.
- ☐ Add broth, next 5 ingredients, sausage, and if desired, ground red pepper. Bring to a boil; cover, reduce heat to low, and cook 18 to 20 minutes or until rice is tender and liquid is absorbed. Top with green onions, and serve immediately.
- ☐ Note: For testing purposes only, we used McKenzie's Seasoning Blend frozen vegetables and Hunt's Fire Roasted Diced Tomatoes With Garlic.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:30.35, Inflammation Score:-9, Nutrition Score:41.989130248194%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 639.54kcal (31.98%), Fat: 23.96g (36.86%), Saturated Fat: 7.8g (48.75%), Carbohydrates: 88.71g (29.57%), Net Carbohydrates: 67.09g (24.39%), Sugar: 4.9g (5.45%), Cholesterol: 65.01mg (21.67%), Sodium: 808.43mg

(35.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.62%), Vitamin K: 320.1µg (304.86%), Manganese: 3.04mg (152.15%), Iron: 19.76mg (109.8%), Fiber: 21.62g (86.49%), Calcium: 811.42mg (81.14%), Vitamin E: 9.5mg (63.3%), Vitamin B3: 9.95mg (49.76%), Magnesium: 158.52mg (39.63%), Selenium: 27.13µg (38.76%), Vitamin B6: 0.77mg (38.33%), Potassium: 1091.34mg (31.18%), Folate: 121.3µg (30.32%), Phosphorus: 302.61mg (30.26%), Copper: 0.58mg (28.78%), Vitamin A: 1406.77IU (28.14%), Vitamin B2: 0.47mg (27.51%), Zinc: 3.99mg (26.58%), Vitamin B1: 0.33mg (21.67%), Vitamin B5: 1.62mg (16.23%), Vitamin B12: 0.89µg (14.87%), Vitamin D: 1.06µg (7.06%), Vitamin C: 4.73mg (5.74%)