



## Louisiana Goulash

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce andouille sausage cut into 1/4-inch-thick slices
- 1.3 cups brown rice long-grain uncooked
- 0.3 teaspoon cajun spice
- 0.8 cup celery ()
- 0.5 teaspoon rubbed sage dried
- 0.5 teaspoon thyme dried
- 14 ounce fat-skimmed beef broth fat-free canned
- 1 garlic clove minced

- 0.3 teaspoon ground pepper red
- 0.3 cup onion chopped
- 0.5 teaspoon paprika
- 0.5 pound shrimp deveined peeled
- 3.3 cups tomatoes chopped
- 0.5 cup water

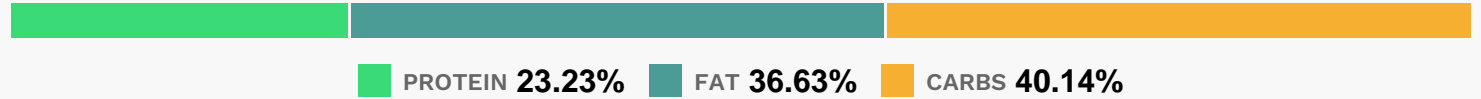
## Equipment

- dutch oven

## Directions

- Combine the first 12 ingredients in a Dutch oven; bring to a boil. Stir in rice; cover, reduce heat, and simmer 45 minutes or until rice is tender.
- Add shrimp; cook 3 minutes or until shrimp are done.

## Nutrition Facts



## Properties

Glycemic Index:30.97, Glycemic Load:13.54, Inflammation Score:-6, Nutrition Score:12.881304471389%

## Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

## Nutrients (% of daily need)

Calories: 265.09kcal (13.25%), Fat: 10.85g (16.69%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 24.63g (8.96%), Sugar: 2.49g (2.77%), Cholesterol: 76.12mg (25.37%), Sodium: 538.14mg (23.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.97%), Manganese: 1.23mg (61.54%), Phosphorus: 217.51mg (21.75%), Vitamin B3: 4.15mg (20.76%), Magnesium: 67.74mg (16.94%), Vitamin B1: 0.25mg (16.41%), Vitamin B6: 0.3mg (15.06%), Copper: 0.27mg (13.75%), Vitamin A: 682.54IU (13.65%), Potassium: 475.91mg

(13.6%), Zinc: 2mg (13.36%), Selenium: 8.57µg (12.25%), Vitamin C: 9.28mg (11.25%), Vitamin K: 8.97µg (8.54%), Vitamin B5: 0.85mg (8.52%), Fiber: 2.12g (8.47%), Iron: 1.5mg (8.35%), Vitamin B12: 0.45µg (7.44%), Vitamin B2: 0.11mg (6.34%), Folate: 20.9µg (5.23%), Vitamin E: 0.75mg (5.01%), Calcium: 47.42mg (4.74%), Vitamin D: 0.5µg (3.31%)