



## Low-Carb Jambalaya

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 andouille sausage halved lengthwise cut into 1/4-inch half-moons
- 1 tablespoon butter
- 2 tablespoons cajun spice
- 14 ounce canned tomatoes crushed canned
- 1 cup chicken broth
- 1 pound chicken breast cooled cooked chopped
- 6 cloves garlic finely chopped
- 3 bell peppers diced green seeded

- 1 teaspoon hot sauce to taste
- 1 tablespoon olive oil
- 1 large onion diced
- 1 pound shrimp deveined cooked peeled
- 2 zucchinis diced

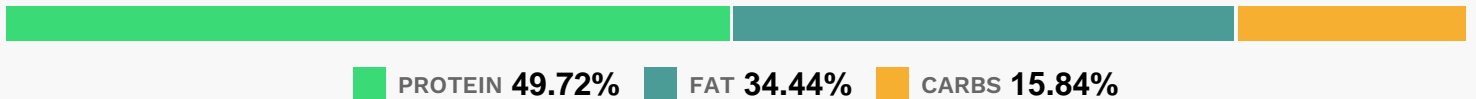
## Equipment

- sauce pan

## Directions

- Heat olive oil and butter in a large saucepan over medium heat.
- Add the onion and andouille sausage and cook and stir until the onion starts to brown, about 10 minutes. Stir in garlic and cook until fragrant, 1 to 2 minutes.
- Mix in crushed tomatoes, green bell peppers, zucchinis, Cajun seasoning, hot sauce, and chicken broth; bring mixture to a boil, reduce to a simmer, and cook uncovered until the liquid cooks off and the mixture is thick, about 15 minutes. Stir in chicken and shrimp and simmer until heated through, 1 to 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.83, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:25.658260822296%

## Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

## Nutrients (% of daily need)

Calories: 365.5kcal (18.28%), Fat: 14.22g (21.87%), Saturated Fat: 4.49g (28.05%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.72g (8.58%), Cholesterol: 210.69mg (70.23%), Sodium: 600.39mg (26.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.17g (92.35%), Vitamin C: 68.92mg (83.54%), Vitamin B3:

13.47mg (67.37%), Vitamin B6: 0.95mg (47.69%), Phosphorus: 446.19mg (44.62%), Selenium: 26.82µg (38.32%), Vitamin A: 1728.14IU (34.56%), Potassium: 1047.14mg (29.92%), Copper: 0.58mg (29.23%), Manganese: 0.49mg (24.3%), Magnesium: 90.72mg (22.68%), Zinc: 2.98mg (19.88%), Iron: 3.39mg (18.82%), Vitamin B2: 0.3mg (17.68%), Vitamin E: 2.62mg (17.47%), Vitamin B1: 0.26mg (17.06%), Fiber: 4.23g (16.9%), Vitamin K: 14.55µg (13.86%), Vitamin B5: 1.38mg (13.79%), Calcium: 119.32mg (11.93%), Folate: 39.57µg (9.89%), Vitamin B12: 0.48µg (8.07%), Vitamin D: 0.38µg (2.56%)