



Meaty Slow Cooker Jambalaya



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



12

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausage sliced
- ☐ 1 pound forest ham black cut into cubes
- ☐ 2 teaspoons cajun spice
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 cup celery chopped
- ☐ 1 cup chicken broth
- ☐ 2 teaspoons parsley dried

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large bell pepper green chopped
- ☐ 1 large onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 pound chicken breast halves boneless skinless cut into 1-inch cubes

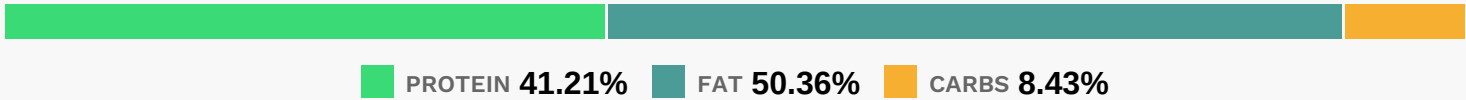
Equipment

- ☐ slow cooker

Directions

- ☐ Mix chicken, sausage, ham, tomatoes with juice, onion, bell pepper, chicken broth, celery, oregano, parsley, Cajun seasoning, cayenne pepper, file powder, and thyme in a slow cooker.
- ☐ Cook on Low 7 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:9.5278261640797%

Flavonoids

Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 218.99kcal (10.95%), Fat: 12.12g (18.64%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.88g (3.2%), Cholesterol: 77.5mg (25.83%), Sodium: 823.89mg (35.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.62%), Vitamin B3: 6.47mg (32.36%), Selenium: 20.15µg (28.79%), Vitamin B6: 0.42mg (21.19%), Vitamin C: 12.81mg (15.52%), Phosphorus: 147.05mg (14.7%), Potassium: 460.65mg (13.16%), Vitamin B1: 0.14mg (9.52%), Vitamin B5: 0.88mg (8.75%), Zinc: 1.24mg (8.27%), Vitamin B2: 0.14mg (7.99%), Iron: 1.43mg (7.97%), Vitamin B12: 0.45µg (7.5%), Vitamin A: 356.94IU (7.14%), Vitamin K: 7.02µg (6.68%), Magnesium: 21.52mg (5.38%), Vitamin E: 0.71mg (4.72%), Manganese: 0.09mg (4.41%), Vitamin D: 0.57µg (3.78%), Fiber: 0.9g (3.61%), Copper: 0.06mg (3.12%), Folate: 9.94µg (2.48%), Calcium: 20.99mg (2.1%)