

Pasta Jambalaya

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 7 cups penne pasta hot tube-shaped cooked uncooked (3 cups pasta)
- ☐ 1 garlic clove minced
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup bell pepper diced red
- ☐ 2 ounces preshredded 4-cheese mexican recipe blend cheese (such as Sargento)
- ☐ 3 ounces turkey kielbasa halved lengthwise thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add onion, bell pepper, and garlic; saut 5 minutes.
- ☐ Add seasoning; saut 1 minute.
- ☐ Add beans, tomatoes, and kielbasa; bring to a boil. Reduce heat; simmer 10 minutes or until thick.
- ☐ Combine bean mixture and pasta in a large bowl. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:11.786521761314%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 227.08kcal (11.35%), Fat: 3.97g (6.1%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 30.47g (11.08%), Sugar: 3.25g (3.61%), Cholesterol: 12.37mg (4.12%), Sodium: 422.81mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.25%), Selenium: 24.09µg (34.41%), Vitamin C: 20.71mg (25.1%), Fiber: 6.24g (24.94%), Manganese: 0.46mg (23.17%), Iron: 3.61mg (20.03%), Phosphorus: 169.28mg (16.93%), Copper: 0.26mg (13.16%), Folate: 50.33µg (12.58%), Magnesium: 46.17mg (11.54%), Vitamin A: 555.27IU (11.11%), Vitamin B6: 0.21mg (10.64%), Potassium: 368.69mg (10.53%), Vitamin B1: 0.14mg (9.08%), Vitamin B2: 0.15mg (8.95%), Calcium: 89mg (8.9%), Zinc: 1.26mg (8.38%), Vitamin B3: 1.59mg (7.95%), Vitamin E: 0.74mg (4.91%), Vitamin B5: 0.35mg (3.48%), Vitamin K: 2.84µg (2.71%), Vitamin B12: 0.13µg (2.21%)