



Peppered Chicken-and-Shrimp Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 32 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon hot sauce

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion finely chopped
- ☐ 0.5 cup bell pepper diced red
- ☐ 1.5 cups rice long-grain uncooked
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.5 pound skinned diced
- ☐ 1.5 cups turkey kielbasa halved lengthwise sliced
- ☐ 1 cup water
- ☐ 0.5 cup bell pepper diced yellow

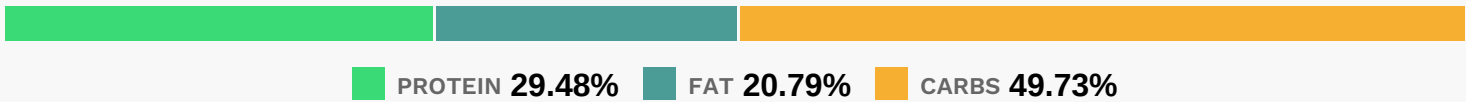
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add chicken, kielbasa, onion, and bell peppers; saut 5 minutes or until vegetables are tender, stirring frequently.
- ☐ Add rice; saut 2 minutes, stirring constantly.
- ☐ Add thyme, black pepper, and red pepper; saut 1 minute.
- ☐ Add water, broth, and tomatoes; bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and simmer 15 minutes.
- ☐ Add shrimp and hot sauce; cover and cook 5 minutes or until shrimp are done.
- ☐ Remove from heat; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:23.33, Inflammation Score:-8, Nutrition Score:27.39260876697%

Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 414.37kcal (20.72%), Fat: 9.59g (14.76%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 51.64g (17.21%), Net Carbohydrates: 47.69g (17.34%), Sugar: 7.99g (8.88%), Cholesterol: 116.4mg (38.8%), Sodium: 1627.93mg (70.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Vitamin C: 86.48mg (104.82%), Selenium: 35.94µg (51.35%), Vitamin K: 50.44µg (48.04%), Iron: 8.46mg (46.99%), Vitamin B3: 9.06mg (45.3%), Vitamin B6: 0.9mg (44.81%), Phosphorus: 388mg (38.8%), Manganese: 0.77mg (38.62%), Copper: 0.5mg (25.06%), Potassium: 863.89mg (24.68%), Vitamin A: 967.06IU (19.34%), Zinc: 2.89mg (19.26%), Magnesium: 76.47mg (19.12%), Vitamin B2: 0.3mg (17.76%), Fiber: 3.95g (15.79%), Vitamin B5: 1.49mg (14.85%), Vitamin B1: 0.21mg (13.97%), Calcium: 119.77mg (11.98%), Vitamin E: 1.75mg (11.64%), Folate: 44.36µg (11.09%), Vitamin B12: 0.63µg (10.54%), Vitamin D: 0.16µg (1.04%)