



Quick Jambalaya

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 14 oz canned tomatoes diced undrained canned
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 bell pepper green chopped
- 2 cups rice white instant uncooked
- 0.5 lb mild sausage links to package directions and coin italian hot sliced quartered
- 1 Tbsp oil
- 1 onion chopped

1 lb shrimp frozen thawed cooked

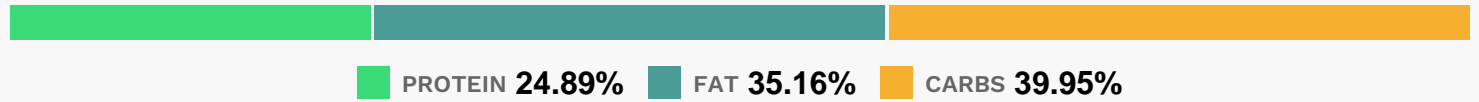
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add sausage and onions; cook and stir 10 min. or until sausage is no longer pink.
- Add remaining ingredients; mix well. Bring to boil; cover.
- Remove from heat; let stand 5 min. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.0817391224529%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 78.16kcal (3.91%), Fat: 3.05g (4.69%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.37g (2.68%), Sugar: 2.17g (2.41%), Cholesterol: 30.09mg (10.03%), Sodium: 196.22mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin B1: 0.11mg (7.2%), Selenium: 4.39µg (6.27%), Vitamin C: 4.87mg (5.9%), Phosphorus: 56.64mg (5.66%), Copper: 0.09mg (4.72%), Folate: 18.75µg (4.69%), Manganese: 0.09mg (4.65%), Vitamin B3: 0.87mg (4.34%), Iron: 0.73mg (4.04%), Potassium: 112.79mg (3.22%), Vitamin B6: 0.06mg (3.15%), Zinc: 0.46mg (3.07%), Magnesium: 10.12mg (2.53%), Calcium: 19.74mg (1.97%), Vitamin B2: 0.03mg (1.71%), Fiber: 0.41g (1.66%), Vitamin B12: 0.1µg (1.59%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.11mg (1.11%), Vitamin K: 1.12µg (1.06%)