



Quick Jambalaya

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz andouille sausage sliced
- ☐ 8 oz tomato sauce canned
- ☐ 3 cups chicken broth
- ☐ 1 large garlic clove minced
- ☐ 0.5 teaspoon ground cumin dried
- ☐ 1 medium onion finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 4 spring onion thinly sliced

- ☐ 1 pound shrimp peeled
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups rice long-grain white
- ☐ 2 small bell pepper diced red yellow (and)

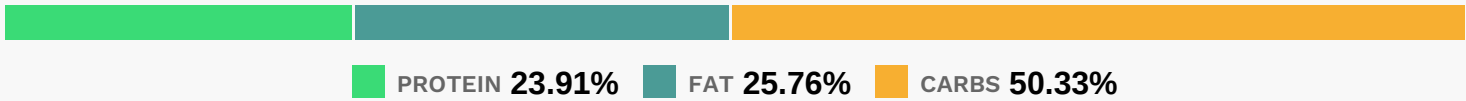
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Put rice in a strainer and rinse thoroughly with cold, running water.
- ☐ Transfer to a medium saucepan, add 2 cups broth and bring to a boil over high heat. Turn heat as low as possible, cover rice and cook until tender, about 18 minutes; fluff with a fork.
- ☐ While rice cooks, stir together cumin, thyme, gumbo fil powder, salt, pepper and cayenne in a cup. Melt 1 Tbsp. butter in a large skillet over medium-high heat, add seasonings and then shrimp, and cook, stirring, until firm, about 5 minutes.
- ☐ Transfer shrimp to a plate.
- ☐ Add remaining butter to pan along with sausage, onion and garlic. Cook over medium heat, stirring, for 2 minutes.
- ☐ Add bell pepper and cook for 2 minutes more.
- ☐ Pour in tomato sauce and remaining 1 cup broth and simmer until vegetables are tender, about 5 minutes. Return shrimp to pan and cook, stirring, until heated through, about 3 minutes.
- ☐ Combine rice and scallion with shrimp mixture; toss.

Nutrition Facts



Properties

Glycemic Index:44.03, Glycemic Load:31.19, Inflammation Score:-8, Nutrition Score:16.802608728409%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 449kcal (22.45%), Fat: 12.81g (19.71%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 56.31g (18.77%), Net Carbohydrates: 53.85g (19.58%), Sugar: 4.25g (4.73%), Cholesterol: 158.48mg (52.83%), Sodium: 942.81mg (40.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.49%), Vitamin C: 37.31mg (45.23%), Manganese: 0.87mg (43.58%), Phosphorus: 307.5mg (30.75%), Copper: 0.53mg (26.72%), Vitamin A: 1183.54IU (23.67%), Selenium: 16.17µg (23.11%), Vitamin K: 19.37µg (18.45%), Vitamin B3: 3.68mg (18.39%), Zinc: 2.69mg (17.93%), Potassium: 609.54mg (17.42%), Magnesium: 60.61mg (15.15%), Vitamin B6: 0.3mg (15.06%), Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (11.88%), Iron: 2.06mg (11.45%), Vitamin B5: 1.07mg (10.73%), Vitamin E: 1.49mg (9.94%), Fiber: 2.46g (9.83%), Calcium: 93.6mg (9.36%), Folate: 28.83µg (7.21%), Vitamin B12: 0.31µg (5.15%), Vitamin D: 0.47µg (3.11%)