



Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces andouille sausage sliced
- ☐ 0.5 teaspoon cajun spice
- ☐ 14.5 ounce canned tomatoes diced green undrained canned
- ☐ 1 cup celery chopped
- ☐ 4 cups rice hot cooked
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups onion chopped
- ☐ 1 pound shrimp deveined peeled

- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch cubes
- ☐ 1 cup water

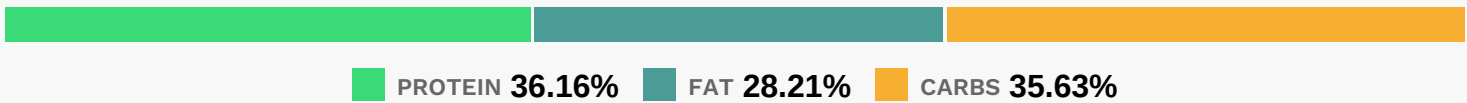
Equipment

- ☐ slow cooker

Directions

- ☐ Combine first 8 ingredients in a 4-quart electric slow cooker. Cover and cook on LOW for 6 hours. Stir in shrimp; cover and cook on LOW for 10 minutes or just until shrimp are done.
- ☐ Serve over rice.
- ☐ Sprinkle with green onions, if desired.
- ☐ Quick Tip: To cut down on prep time, purchase prechopped onion and celery that you'll find in most grocers' produce departments. They are real timesavers.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:25.85, Inflammation Score:-5, Nutrition Score:15.213043482407%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 345.24kcal (17.26%), Fat: 10.78g (16.58%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 28.38g (10.32%), Sugar: 4.49g (4.99%), Cholesterol: 169.53mg (56.51%), Sodium: 430.61mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.08g (62.16%), Selenium: 25.18µg (35.97%), Phosphorus: 335.16mg (33.52%), Vitamin B3: 5.95mg (29.74%), Manganese: 0.57mg (28.38%), Vitamin B6: 0.52mg (25.93%), Copper: 0.45mg (22.41%), Zinc: 2.94mg (19.59%), Potassium: 658.34mg (18.81%), Magnesium: 63.22mg (15.81%), Vitamin B5: 1.42mg (14.2%), Vitamin B1: 0.2mg (13.32%), Vitamin B2: 0.21mg (12.18%), Iron: 2.13mg (11.82%), Vitamin B12: 0.64µg (10.68%), Vitamin C: 8.11mg (9.83%), Fiber: 2.24g (8.96%), Vitamin K: 9.4µg (8.95%), Calcium:

85.92mg (8.59%), Vitamin E: 1.11mg (7.43%), Folate: 23.98µg (5.99%), Vitamin A: 257.13IU (5.14%), Vitamin D: 0.4µg (2.65%)