



Sausage & Shrimp Jambalaya



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces andouille sausage cut into 1/4-inch slices
- ☐ 1 bay leaf
- ☐ 1 cup brown rice uncooked
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 stalks celery sliced
- ☐ 3 cups chicken stock see
- ☐ 1 large bell pepper diced green

- ☐ 4 green onions sliced thin
- ☐ 1 tablespoon ground cumin
- ☐ 2 tablespoons ground paprika
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 cup tomatoes diced

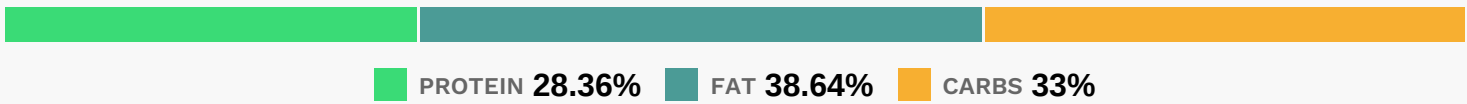
Equipment

- ☐ pot

Directions

- ☐ Place butter and sausage in a large stockpot over medium heat; cook and stir for 5–6 minutes until sausage begins to brown.
- ☐ Stir in paprika, cumin and cayenne; cook for 1 minute.
- ☐ Stir in tomatoes, onions, celery, green pepper, salt, and bay leaf.
- ☐ Add brown rice and stir to combine. Stir in chicken stock and turn heat to low. Cover and cook for 45 minutes, or until the rice is just tender.
- ☐ Stir in shrimp, replace lid and cook for 5 minutes. Season with salt and pepper to taste.
- ☐ Serve garnished with green onion.

Nutrition Facts



Properties

Glycemic Index:68.19, Glycemic Load:21.04, Inflammation Score:-9, Nutrition Score:30.370000009951%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 602.16kcal (30.11%), Fat: 26.1g (40.16%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 45.54g (16.56%), Sugar: 5.91g (6.57%), Cholesterol: 251.78mg (83.93%), Sodium: 1701.01mg (73.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.11g (86.22%), Manganese: 2.04mg (102.2%), Phosphorus: 543.98mg (54.4%), Vitamin A: 2568.37IU (51.37%), Vitamin C: 39.1mg (47.4%), Vitamin B3: 9.24mg (46.2%), Copper: 0.81mg (40.35%), Vitamin K: 39.15µg (37.28%), Magnesium: 146.92mg (36.73%), Vitamin B6: 0.68mg (33.96%), Potassium: 1124.22mg (32.12%), Vitamin B1: 0.47mg (31.17%), Zinc: 4.52mg (30.11%), Iron: 4.68mg (26.02%), Selenium: 16.24µg (23.2%), Vitamin B2: 0.36mg (21.29%), Fiber: 4.62g (18.48%), Vitamin E: 2.24mg (14.95%), Calcium: 146.07mg (14.61%), Vitamin B5: 1.33mg (13.31%), Folate: 43.23µg (10.81%), Vitamin B12: 0.57µg (9.46%), Vitamin D: 0.79µg (5.29%)