



Seafood-Sausage Jambalaya

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.8 pound bay scallops
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 1.5 cups celery finely chopped
- 1 teaspoon chili powder
- 1 teaspoon thyme leaves dried
- 0.5 cup parsley fresh chopped
- 2 tablespoons garlic minced

- 2.5 cups bell pepper green chopped
- 8 ounces turkey sausage italian
- 42.8 ounce no-salt-added chicken broth canned
- 2 cups onion finely chopped
- 24 ounce dozens oysters fresh undrained
- 1 teaspoon pepper freshly ground
- 2.5 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 2.5 pounds shrimp fresh deveined peeled

Equipment

- dutch oven

Directions

- Remove casing from sausage; slice sausage into 1/2-inch pieces. Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add sausage, green pepper, and next 3 ingredients; cook, until sausage is browned and vegetables are tender, stirring often.
- Add thyme and next 5 ingredients.
- Drain oysters, reserving liquid. Set oysters aside.
- Add water to liquid to make 1 cup.
- Add liquid mixture and broth to Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally.
- Add rice; cover and cook over low heat 15 minutes. Stir in oysters, shrimp, and scallops. Cover and cook 10 minutes or until liquid is absorbed.
- Remove and discard bay leaves. Stir in parsley.
- Serve with hot sauce, if desired.

Nutrition Facts



■ PROTEIN 39.1% ■ FAT 9.67% ■ CARBS 51.23%

Properties

Glycemic Index:26.22, Glycemic Load:24.14, Inflammation Score:-7, Nutrition Score:23.860869490582%

Flavonoids

Apigenin: 6.9mg, Apigenin: 6.9mg, Apigenin: 6.9mg, Apigenin: 6.9mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 387.76kcal (19.39%), Fat: 4.19g (6.45%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 46.64g (16.96%), Sugar: 5.3g (5.89%), Cholesterol: 205.48mg (68.49%), Sodium: 713.6mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.12g (76.24%), Vitamin C: 48.01mg (58.2%), Vitamin K: 61.1µg (58.19%), Phosphorus: 533.25mg (53.32%), Copper: 0.97mg (48.35%), Manganese: 0.83mg (41.47%), Zinc: 5.91mg (39.43%), Iron: 4.99mg (27.74%), Selenium: 18.47µg (26.38%), Potassium: 884.1mg (25.26%), Vitamin B3: 4.38mg (21.92%), Magnesium: 86.44mg (21.61%), Vitamin B12: 1.29µg (21.56%), Vitamin B6: 0.42mg (21.21%), Calcium: 143.02mg (14.3%), Fiber: 3.3g (13.2%), Vitamin A: 649.84IU (13%), Vitamin B5: 0.99mg (9.92%), Vitamin B2: 0.17mg (9.76%), Folate: 37.04µg (9.26%), Vitamin B1: 0.13mg (8.6%), Vitamin E: 0.92mg (6.12%)