



Shrimp and Andouille Jambalaya

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

READY IN



55 min.

SERVINGS



8

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 pound andouille sausage sliced
- 2 bay leaves
- 8 servings pepper black freshly ground
- 1 tablespoon canola oil
- 8 servings cayenne pepper as needed
- 3 ribs celery cut into a large dice
- 1 large head garlic minced peeled
- 2 bunches green onions thinly sliced

- 0.3 teaspoon hot sauce to taste
- 0.3 teaspoon kosher salt
- 1 large onion cut into a large dice
- 1 large bell pepper red cut into a large dice
- 3 cups rice long-grain
- 1 pound shrimp peeled
- 3 cups shrimp stock
- 1 pint shucked oysters
- 2 large tomatoes cored peeled seeded chopped

Equipment

- bowl
- pot
- dutch oven

Directions

- Heat the canola oil in a Dutch oven or heavy-gauge pot over high heat.
- Add the sausage and cook, stirring occasionally, about 6 minutes.
- Add the bell pepper, onion, celery, and garlic, and season with cayenne pepper and salt and pepper, to taste. Cook stirring, until well browned, about 8 minutes. Stir in the tomatoes, shrimp, oysters, and bay leaves.
- Add the rice, stir gently; then add the stock. Gently move the spoon across the bottom of the pot, to make sure that the rice is not sticking. Bring to a boil, lower the heat and simmer, covered, until the rice has absorbed most of the liquid, about 15 minutes.
- Remove from the heat and let sit, covered, for 8 minutes.
- To serve, transfer to a serving bowl, and mix in the green onions. Season with hot sauce.
- Ochsner Criteria Slimmed Down Original Recipe
- Calories: Less than 800 392 calories 675 calories
- Total Fat: Less than 20gm 19.5 grams 29.4 grams
- Saturated Fat: Less than 8gm 6.2 gm 10.9 gm

Cholesterol: Less than 150mg 140 mg 164 mg

Sodium: Less than 1000 918 mg 878 mg

Nutrition Facts

PROTEIN 21.94% **FAT 25.61%** **CARBS 52.45%**

Properties

Glycemic Index:39.52, Glycemic Load:35.18, Inflammation Score:-9, Nutrition Score:21.665217327035%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 494.35kcal (24.72%), Fat: 14.01g (21.55%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 61.31g (22.29%), Sugar: 4.05g (4.5%), Cholesterol: 126.16mg (42.05%), Sodium: 768.63mg (33.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27g (54%), Manganese: 1.03mg (51.53%), Vitamin C: 38.18mg (46.28%), Vitamin A: 2004.99IU (40.1%), Zinc: 5.15mg (34.36%), Copper: 0.68mg (34.22%), Phosphorus: 329.55mg (32.95%), Selenium: 20.99µg (29.99%), Vitamin B3: 5.5mg (27.52%), Vitamin K: 24.88µg (23.7%), Vitamin B6: 0.43mg (21.26%), Potassium: 736.65mg (21.05%), Vitamin B12: 0.98µg (16.32%), Magnesium: 61.53mg (15.38%), Vitamin E: 2.16mg (14.38%), Vitamin B1: 0.2mg (13.54%), Iron: 2.37mg (13.19%), Fiber: 3.24g (12.97%), Calcium: 120.67mg (12.07%), Vitamin B5: 1.18mg (11.83%), Vitamin B2: 0.2mg (11.79%), Folate: 41.35µg (10.34%), Vitamin D: 0.53µg (3.53%)