



Shrimp and Sausage Jambalaya

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 cup celery diced
- ☐ 6 cups chicken stock see homemade
- ☐ 0.8 cup parsley fresh divided chopped
- ☐ 3 garlic cloves minced
- ☐ 1 bell pepper diced green cored

- ☐ 6 dashes hot sauce recommended: Tabasco
- ☐ 1 jalapeno minced seeded
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion diced
- ☐ 2 teaspoons oregano fresh diced
- ☐ 1 bell pepper diced red cored
- ☐ 3 cups rice long-grain rinsed
- ☐ 1 pound sausage such as kielbasa or andouille, sliced
- ☐ 0.5 cup scallions divided chopped
- ☐ 1 pound shrimp deveined 20 to 24 count
- ☐ 1 pound ham smoked cubed
- ☐ 1 teaspoon thyme leaves fresh diced
- ☐ 1 cup tomatoes diced seeded
- ☐ 2 tablespoons tomato paste

Equipment

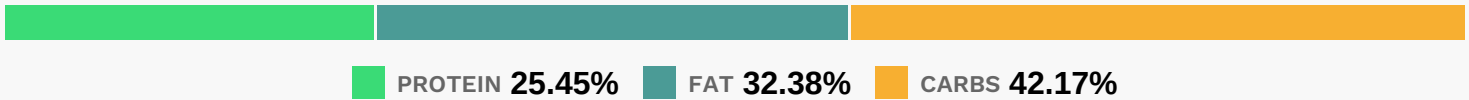
- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a large Dutch oven or black iron pot over medium heat, add the kielbasa and saute for 8 to 10 minutes, until browned.
- ☐ Remove the kielbasa to a bowl, and set aside.
- ☐ Add the ham to the same pot and cook 8 to 10 minutes, until lightly browned.
- ☐ Remove to the bowl with the kielbasa, and set aside.

- ☐ Add the butter, onion, celery and peppers to the same pot and saute for 8 to 10 minutes, until the onion is translucent.
- ☐ Add the tomato, garlic, jalapeno or cayenne, oregano, thyme, and tomato paste and cook until all the vegetables and herbs are blended well.
- ☐ Add the stock and bring to a rolling boil. Stir in the rice, and add the sausage, ham, bay leaves, salt, pepper and hot sauce. Return to a boil, reduce the heat to low and simmer, covered, for 20 minutes.
- ☐ Add 1/4 cup of the scallions, 1/4 cup of the parsley, the lemon juice and the shrimp, and stir well. Cover the pot, remove it from the heat and allow the jambalaya steam, for 15 minutes, before serving.
- ☐ Garnish with the remaining 1/4 cup scallions and 1/2 cup parsley, and a dash of hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:62.9, Glycemic Load:34.74, Inflammation Score:-9, Nutrition Score:28.153478539508%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 12.49mg, Apigenin: 12.49mg, Apigenin: 12.49mg, Apigenin: 12.49mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 665.59kcal (33.28%), Fat: 23.82g (36.65%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 69.83g (23.28%), Net Carbohydrates: 66.78g (24.28%), Sugar: 6.81g (7.56%), Cholesterol: 176.42mg (58.81%), Sodium: 2121.74mg (92.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.13g (84.26%), Vitamin K: 118.17µg (112.54%), Vitamin C: 50.71mg (61.47%), Phosphorus: 498.19mg (49.82%), Manganese: 0.98mg (49.07%), Vitamin B3: 8.11mg (40.54%), Selenium: 26.79µg (38.27%), Copper: 0.72mg (36.15%), Zinc: 4.47mg (29.77%), Potassium: 1036.48mg (29.61%), Vitamin A: 1446.04IU (28.92%), Vitamin B6: 0.5mg (25.07%), Magnesium: 88.14mg (22.04%), Iron: 3.74mg (20.77%), Vitamin B1: 0.31mg (20.4%), Vitamin B2: 0.34mg (20.2%), Vitamin B5: 1.31mg (13.07%), Folate: 49.92µg (12.48%), Fiber: 3.05g (12.22%), Vitamin E: 1.78mg (11.85%), Calcium: 112.12mg (11.21%), Vitamin B12: 0.56µg

(9.31%), Vitamin D: 0.79µg (5.29%)