



Shrimp and Sausage Jambalaya



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 large celery stalks diced
- ☐ 4 cups chicken broth
- ☐ 1 pound chorizo sausage cut sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 large garlic clove minced
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion diced
- ☐ 1 bell pepper diced green red
- ☐ 1.5 cups rice long-grain
- ☐ 0.8 pound shrimp shelled
- ☐ 1 pound ham smoked cubed (preferably)

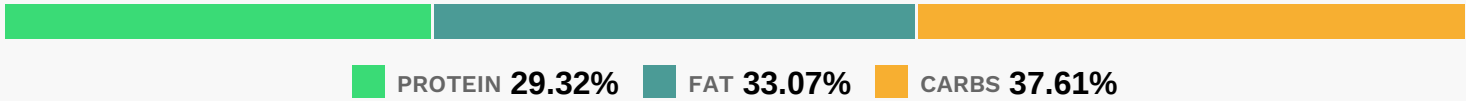
Equipment

- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a large, heavy stockpot over high heat and add the shrimp. Cook, stirring constantly, until the shrimp curl and just begin to brown, about 3 minutes.
- ☐ Remove the shrimp with a slotted spoon and set aside.
- ☐ Add the ham and sausage to the stockpot and cook, stirring frequently, until both are well browned, about 15
- ☐ minutes. Reduce heat to medium and add the garlic, celery, bell pepper, and onion. Cook, stirring frequently, until tender, about 10 minutes. Stir in the rice, tomatoes, broth, salt, cayenne pepper, and half the parsley. Cover, reduce heat to low, and simmer 20 minutes or until the liquid is almost absorbed. Stir in the shrimp and the remaining parsley. Cover and cook until all the liquid is absorbed, 3 to 5 minutes more. (Can be made up to 1 day ahead. Cover and refrigerate. Reheat, covered, in a 325 F oven for 20 minutes or until heated through, stirring once or twice.)

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:14.84, Inflammation Score:-7, Nutrition Score:13.076956482037%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 304.5kcal (15.22%), Fat: 11.14g (17.14%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 26.65g (9.69%), Sugar: 3.66g (4.07%), Cholesterol: 110.42mg (36.81%), Sodium: 1237.72mg (53.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.45%), Vitamin K: 54.25µg (51.66%), Vitamin C: 32.98mg (39.98%), Manganese: 0.49mg (24.47%), Phosphorus: 239.12mg (23.91%), Copper: 0.41mg (20.74%), Vitamin A: 978.03IU (19.56%), Iron: 2.44mg (13.56%), Potassium: 462.31mg (13.21%), Zinc: 1.86mg (12.43%), Magnesium: 47.67mg (11.92%), Vitamin B6: 0.18mg (8.91%), Vitamin E: 1.27mg (8.46%), Fiber: 1.87g (7.46%), Calcium: 72.48mg (7.25%), Selenium: 5.02µg (7.17%), Vitamin B3: 1.39mg (6.94%), Vitamin B2: 0.11mg (6.55%), Vitamin B1: 0.09mg (6.04%), Folate: 21.36µg (5.34%), Vitamin B5: 0.49mg (4.9%)