

Shrimp Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.1 teaspoon hot sauce
- ☐ 10.5 ounce low-salt chicken broth canned

- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion minced
- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.1 teaspoon salt
- ☐ 0.5 pound shrimp peeled
- ☐ 0.5 cup turkey kielbasa halved lengthwise sliced
- ☐ 1 cup water

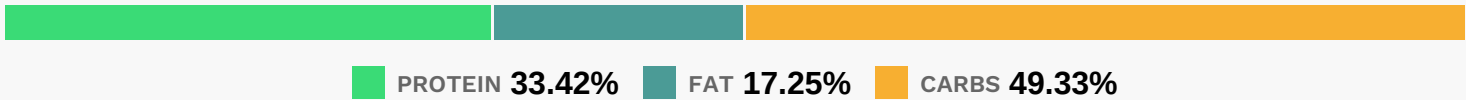
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add kielbasa, onion, and bell pepper; saute 5 minutes or until vegetables are tender.
- ☐ Add rice; saut 2 minutes.
- ☐ Add salt, thyme, black pepper, and red pepper; saut 1 minute.
- ☐ Add water, broth, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender.
- ☐ Stir in shrimp and hot sauce; cover and cook 5 minutes or until shrimp are done.
- ☐ Remove from heat; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:116.09, Glycemic Load:27.45, Inflammation Score:-8, Nutrition Score:30.799130214297%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin:

0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 491kcal (24.55%), Fat: 9.68g (14.89%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 62.28g (20.76%), Net Carbohydrates: 55.78g (20.28%), Sugar: 13.81g (15.34%), Cholesterol: 213.92mg (71.31%), Sodium: 1322.45mg (57.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.19g (84.39%), Vitamin C: 72.77mg (88.21%), Copper: 1.13mg (56.39%), Iron: 10.07mg (55.94%), Phosphorus: 536.63mg (53.66%), Manganese: 1.04mg (52.04%), Vitamin K: 49.72µg (47.35%), Vitamin B3: 7.73mg (38.66%), Potassium: 1339.06mg (38.26%), Vitamin B6: 0.76mg (38.09%), Selenium: 21.57µg (30.81%), Magnesium: 119.1mg (29.77%), Zinc: 4.15mg (27.64%), Fiber: 6.51g (26.03%), Vitamin E: 3.17mg (21.1%), Calcium: 195.06mg (19.51%), Vitamin B1: 0.27mg (18.06%), Vitamin A: 889.65IU (17.79%), Vitamin B2: 0.3mg (17.74%), Folate: 49.86µg (12.46%), Vitamin B5: 1.14mg (11.36%), Vitamin B12: 0.4µg (6.72%)