



Shrimp Jambalaya

 Dairy Free

READY IN



600 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes with liquid crushed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 stalks celery thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 1 medium bell pepper green cut into 1 inch pieces
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 medium onion chopped

- ☐ 1 cup orzo pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined cooked peeled
- ☐ 1 pound chicken thighs boneless skinless cut into 2-inch pieces
- ☐ 1 tablespoon sugar white

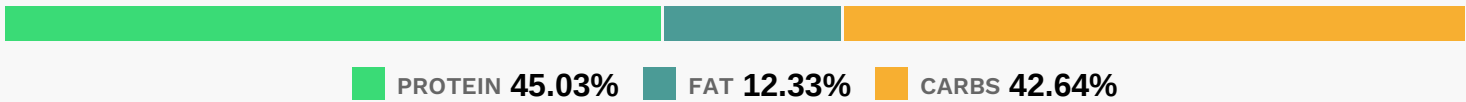
Equipment

- ☐ slow cooker

Directions

- ☐ In a slow cooker, mix chicken, celery, green bell pepper, onion, garlic, tomatoes with liquid, sugar, salt, Italian seasoning, cayenne pepper, and bay leaf. Cover, and cook on Low 7 to 9 hours.
- ☐ Remove bay leaf from the chicken mixture, and stir in orzo. Increase heat to High. Cook 15 minutes, until orzo is tender.
- ☐ Stir in shrimp, and cook 2 minutes, until shrimp are heated through.

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:9.16, Inflammation Score:-5, Nutrition Score:15.310000004976%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 234.32kcal (11.72%), Fat: 3.26g (5.02%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 22.16g (8.06%), Sugar: 7.46g (8.29%), Cholesterol: 145.15mg (48.38%), Sodium: 404.57mg (17.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.61%), Selenium: 25.5µg (36.42%), Phosphorus:

305.44mg (30.54%), Vitamin C: 22.71mg (27.52%), Copper: 0.51mg (25.57%), Vitamin B6: 0.5mg (24.87%), Vitamin B3: 4.83mg (24.17%), Manganese: 0.45mg (22.45%), Potassium: 699.21mg (19.98%), Magnesium: 67.27mg (16.82%), Zinc: 2.22mg (14.83%), Iron: 2.45mg (13.63%), Fiber: 3.22g (12.88%), Vitamin K: 11.85µg (11.28%), Vitamin B5: 1.1mg (10.99%), Vitamin B1: 0.16mg (10.74%), Vitamin B2: 0.18mg (10.54%), Vitamin E: 1.49mg (9.93%), Calcium: 91.37mg (9.14%), Vitamin A: 356.12IU (7.12%), Folate: 26.65µg (6.66%), Vitamin B12: 0.36µg (6.05%)