



Shrimp, Sausage, and Fish Jambalaya



Gluten Free



Popular

READY IN



100 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces andouille sausage halved lengthwise cut into 1/4-inch half-moons
- ☐ 0.3 cup butter
- ☐ 1.5 teaspoons cajun spice to taste (such as Tony Chachere's)
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup celery diced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 cup bell pepper diced green

- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 cup onion diced
- ☐ 2 cups rice medium-grain
- ☐ 6 servings salt to taste
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 6 ounce tomato paste canned
- ☐ 2 teaspoons worcestershire sauce perrins® (such as Lea &)

Equipment

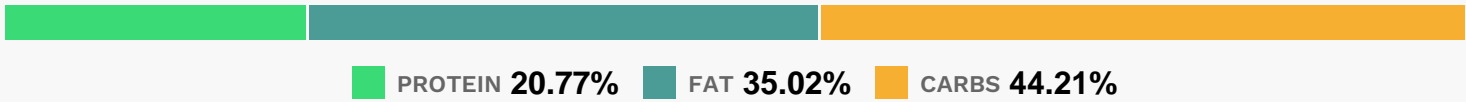
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Melt butter in a heavy-bottomed pot over medium-high heat. Cook andouille sausage in the melted butter until completely browned, about 5 minutes.
- ☐ Remove the sausage with a slotted spoon to a plate lined with paper towel.
- ☐ Cook and stir onion, celery, and green bell pepper in the butter remaining in the pot until the onion becomes translucent, 5 to 10 minutes.
- ☐ Stir garlic into the onion mixture; cook and stir together for 1 minute.
- ☐ Stir tomato paste through the vegetable mixture; cook and stir another 3 to 5 minutes.
- ☐ Return andouille sausage to the pot along with diced tomatoes, Worcestershire sauce, Cajun seasoning, and black pepper; stir to combine.
- ☐ Pour chicken broth over the sausage mixture; bring to a boil.
- ☐ Stir rice into the mixture, place a cover on the pot, reduce heat to medium-low, and cook undisturbed until the rice is tender, 25 to 30 minutes.
- ☐ Add shrimp and cod to the rice mixture. Increase heat to medium-high and cook until the mixture comes to a boil; reduce heat again to medium-low and cook uncovered another 10 minutes, stirring occasionally.

Season with salt and fold parsley into the jambalaya to serve.

Nutrition Facts



Properties

Glycemic Index:60.86, Glycemic Load:32.5, Inflammation Score:-8, Nutrition Score:23.773043300795%

Flavonoids

Apigenin: 7.66mg, Apigenin: 7.66mg, Apigenin: 7.66mg, Apigenin: 7.66mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 574.5kcal (28.72%), Fat: 22.63g (34.82%), Saturated Fat: 9.57g (59.83%), Carbohydrates: 64.29g (21.43%), Net Carbohydrates: 60.16g (21.88%), Sugar: 7.3g (8.11%), Cholesterol: 152.26mg (50.75%), Sodium: 928.47mg (40.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.42%), Vitamin K: 68.11µg (64.86%), Manganese: 1mg (49.94%), Vitamin C: 36.3mg (44.01%), Vitamin B3: 7.54mg (37.7%), Phosphorus: 365.97mg (36.6%), Copper: 0.7mg (34.91%), Selenium: 20.13µg (28.76%), Potassium: 980.86mg (28.02%), Vitamin B6: 0.48mg (23.91%), Vitamin A: 1161.61IU (23.23%), Zinc: 3.19mg (21.26%), Iron: 3.57mg (19.83%), Magnesium: 74.25mg (18.56%), Vitamin B1: 0.27mg (18.32%), Fiber: 4.13g (16.52%), Vitamin E: 2.24mg (14.94%), Vitamin B2: 0.25mg (14.77%), Vitamin B5: 1.38mg (13.79%), Calcium: 124.75mg (12.48%), Vitamin B12: 0.64µg (10.61%), Folate: 37.41µg (9.35%), Vitamin D: 0.66µg (4.41%)