



Slow-Cooker Creole Jambalaya (Cooking for 2)



Gluten Free



Dairy Free

READY IN



460 min.

SERVINGS



2

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounces tomatoes diced with green pepper and onion, undrained canned
- ☐ 0.5 cup celery chopped
- ☐ 1 cup rice hot cooked
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon parsley
- ☐ 0.1 teaspoon pepper
- ☐ 4 drops hot sauce red
- ☐ 0.3 teaspoon salt

- ☐ 6 ounces shrimp frozen thawed deveined uncooked peeled
- ☐ 0.5 cup andouille smoked fully cooked chopped
- ☐ 0.3 teaspoon thyme leaves dried

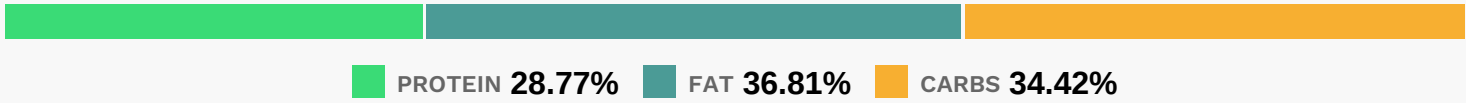
Equipment

- ☐ slow cooker

Directions

- ☐ In 2 1/2- to 3 1/2-quart slow cooker, mix all ingredients except shrimp and rice.
- ☐ Cover and cook on low heat setting 7 to 8 hours or until vegetables are tender.
- ☐ Stir in shrimp. Cover and cook on low heat setting about 30 minutes or until shrimp are pink and firm.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:24.33, Inflammation Score:-6, Nutrition Score:16.98391311065%

Flavonoids

Apigenin: 3mg, Apigenin: 3mg, Apigenin: 3mg, Apigenin: 3mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 388.18kcal (19.41%), Fat: 15.94g (24.52%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 30.61g (11.13%), Sugar: 5.33g (5.92%), Cholesterol: 176.87mg (58.96%), Sodium: 1237.44mg (53.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Manganese: 0.68mg (34.15%), Phosphorus: 326.76mg (32.68%), Copper: 0.58mg (29.23%), Vitamin C: 22.79mg (27.63%), Potassium: 830.04mg (23.72%), Vitamin B6: 0.46mg (22.9%), Zinc: 3.08mg (20.54%), Selenium: 14.04µg (20.06%), Vitamin B3: 3.71mg (18.56%), Iron: 3.34mg (18.54%), Magnesium: 73.05mg (18.26%), Vitamin B1: 0.27mg (17.79%), Calcium: 147.99mg (14.8%), Vitamin B2: 0.24mg (14.17%), Vitamin B12: 0.85µg (14.16%), Vitamin K: 14.34µg (13.66%), Fiber: 2.92g (11.7%),

Vitamin E: 1.51mg (10.05%), Vitamin B5: 0.88mg (8.84%), Folate: 30.59µg (7.65%), Vitamin A: 370.89IU (7.42%),
Vitamin D: 0.62µg (4.12%)