



Slow Cooker Jambalaya

 Gluten Free  Dairy Free

READY IN



435 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound andouille sausage diced
- 2 bay leaves
- 28 ounce canned tomatoes diced canned
- 1 stalk celery chopped
- 2 cups rice cooked
- 2 teaspoons creole seasoning
- 0.5 teaspoon thyme leaves dried
- 1 bell pepper green seeded chopped

- 1 teaspoon hot sauce
- 1 cup chicken broth reduced-sodium
- 1 medium onion chopped
- 2 teaspoons oregano dried
- 1 pound shrimp frozen thawed cooked peeled
- 1 pound chicken breasts boneless skinless cut into 1-inch cubes

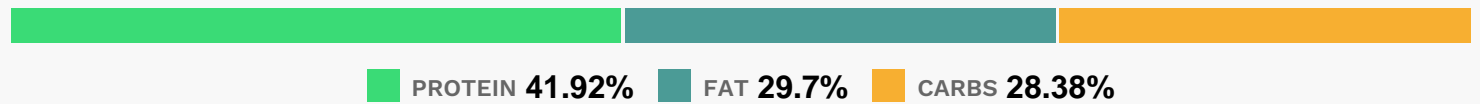
Equipment

- slow cooker

Directions

- In a slow cooker, combine chicken, sausage, tomatoes, onion, green pepper, celery, and chicken broth. Stir in oregano, Cajun seasoning, hot sauce, bay leaves, and thyme.
- Cover, and cook on LOW for 7 hours or on HIGH for 3 hours. Stir in the thawed shrimp, cover and cook until the shrimp is heated through, about 5 minutes. Discard bay leaves and spoon mixture over cooked rice.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:28.78, Inflammation Score:-9, Nutrition Score:36.876956815305%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 610.37kcal (30.52%), Fat: 20.4g (31.38%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 37.89g (13.78%), Sugar: 11.64g (12.93%), Cholesterol: 303.91mg (101.3%), Sodium: 1045.51mg (45.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.77g (129.55%), Vitamin B3: 19.2mg (95.98%),

Selenium: 55.46µg (79.22%), Vitamin B6: 1.48mg (74.1%), Phosphorus: 701.62mg (70.16%), Vitamin C: 47.5mg (57.58%), Copper: 1.01mg (50.38%), Potassium: 1726.37mg (49.32%), Manganese: 0.96mg (47.98%), Magnesium: 139.43mg (34.86%), Zinc: 4.71mg (31.39%), Vitamin B5: 2.98mg (29.84%), Iron: 5.36mg (29.76%), Vitamin B1: 0.42mg (28.01%), Vitamin E: 3.87mg (25.81%), Vitamin K: 25.17µg (23.97%), Fiber: 5.98g (23.92%), Vitamin B2: 0.38mg (22.46%), Vitamin A: 1082.02IU (21.64%), Calcium: 194.69mg (19.47%), Vitamin B12: 0.84µg (14.02%), Folate: 48.99µg (12.25%), Vitamin D: 0.91µg (6.05%)