



WHATSheATE



Slow-Cooker Jambalaya



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1 cup celery stalks chopped
- ☐ 4 cups rice hot cooked
- ☐ 3 garlic clove finely chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon parsley
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon hot sauce red
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 2 cups andouille smoked fully cooked chopped
- ☐ 0.5 teaspoon thyme leaves dried

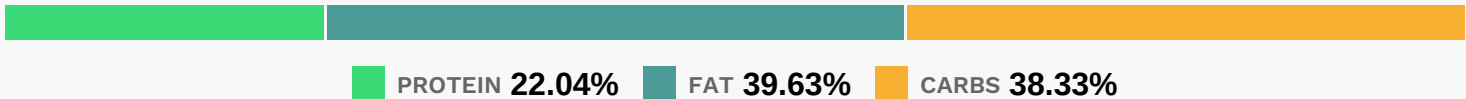
Equipment

- ☐ slow cooker

Directions

- ☐ In 3 1/2- to 6-quart slow cooker, mix all ingredients except shrimp and rice.
- ☐ Cover; cook on Low heat setting 7 to 8 hours (or High heat setting 3 to 4 hours).
- ☐ Stir in shrimp. If needed, reduce heat setting to Low; cover and cook on Low heat setting about 1 hour longer or until shrimp are pink and firm.
- ☐ Serve jambalaya with rice.Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:26.59, Inflammation Score:-6, Nutrition Score:15.239565185879%

Flavonoids

Apigenin: 11.62mg, Apigenin: 11.62mg, Apigenin: 11.62mg, Apigenin: 11.62mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 356.11kcal (17.81%), Fat: 15.75g (24.24%), Saturated Fat: 5.35g (33.46%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 31.1g (11.31%), Sugar: 5.9g (6.56%), Cholesterol: 108.4mg (36.13%), Sodium: 820.82mg (35.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.42%), Manganese: 0.7mg (35.24%), Vitamin C: 26.93mg (32.64%), Copper: 0.47mg (23.38%), Phosphorus: 232.52mg (23.25%), Vitamin B6: 0.41mg (20.5%), Selenium: 14.24µg (20.34%), Potassium: 644.59mg (18.42%), Vitamin B3: 3.53mg (17.66%), Vitamin B1: 0.26mg (17.46%), Zinc: 2.52mg (16.78%), Magnesium: 57.81mg (14.45%), Vitamin B12: 0.85µg (14.16%), Iron: 2.47mg (13.7%), Vitamin K: 13.94µg (13.28%), Fiber: 3.18g (12.74%), Vitamin B2: 0.18mg (10.78%), Vitamin E: 1.4mg (9.35%), Vitamin B5: 0.92mg (9.16%), Calcium: 90.07mg (9.01%), Folate: 28.28µg (7.07%), Vitamin A: 350.76IU (7.02%), Vitamin D: 0.62µg (4.12%)