



Smoked Sausage and Pepper Creole Jambalaya

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup celery chopped
- 1 cup rice long grain
- 1 cup onion chopped
- 1 package gourmet sausage & pepper creole jambalaya smoked mccormick®
- 0.5 pound shrimp deveined peeled
- 0.5 pound chicken breasts boneless skinless cut into 1-inch cubes

- 0.5 pound turkey sausage smoked sliced
- 1 tablespoon vegetable oil
- 2.3 cups water

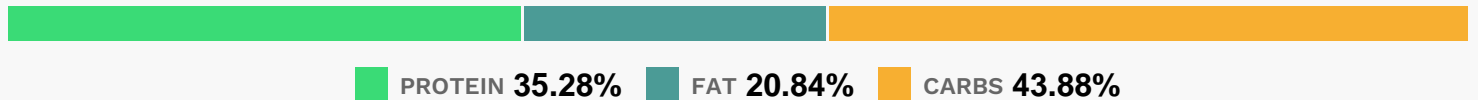
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add celery and onion; cook and stir 5 minutes or slightly softened.
- Add chicken and sausage; cook and stir 5 minutes or until chicken is no longer pink.
- Stir in Seasoning
- Mix, water, tomatoes and rice. Bring to boil. Reduce heat to low; cover and simmer 30 minutes.
- Stir in shrimp; cover and cook 5 minutes longer or just until shrimp turn pink and rice is tender.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:12.66, Inflammation Score:-4, Nutrition Score:11.105652246786%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 226.32kcal (11.32%), Fat: 5.21g (8.02%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 22.84g (8.31%), Sugar: 3.31g (3.67%), Cholesterol: 85.05mg (28.35%), Sodium: 317.97mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.86g (39.71%), Vitamin B3: 5.32mg (26.62%), Vitamin B6:

0.48mg (24.16%), Phosphorus: 222.44mg (22.24%), Manganese: 0.42mg (21%), Selenium: 13.03µg (18.61%), Copper: 0.31mg (15.62%), Potassium: 494.85mg (14.14%), Zinc: 1.86mg (12.41%), Vitamin B5: 1.13mg (11.28%), Magnesium: 43.01mg (10.75%), Vitamin K: 9.91µg (9.44%), Vitamin C: 7.59mg (9.2%), Vitamin B2: 0.15mg (8.56%), Iron: 1.52mg (8.43%), Fiber: 1.85g (7.4%), Vitamin B1: 0.11mg (7.11%), Vitamin B12: 0.43µg (7.09%), Vitamin E: 0.94mg (6.25%), Calcium: 61.09mg (6.11%), Folate: 19.45µg (4.86%), Vitamin A: 198.01IU (3.96%)