



Smoked Sausage Jambalaya

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 2 rib celery
- ☐ 2.7 cups chicken broth
- ☐ 1 large onion
- ☐ 1 pound pork sausage such as kielbasa smoked
- ☐ 2 small bell peppers red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions
- ☐ 2 teaspoons vegetable oil

☐

1.3 cups rice long-grain white

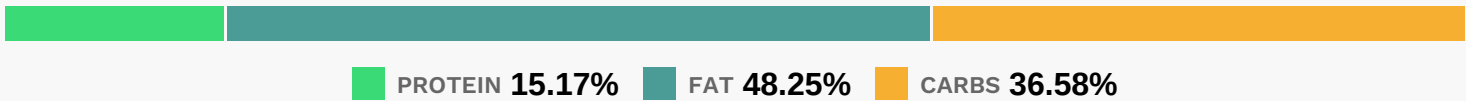
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cut sausage into 1/4-inch-thick slices and chop onion, bell pepper, and celery. In a dry 2 to 2 1/2-quart heavy saucepan brown sausage over moderately high heat, stirring frequently, and with a slotted spoon transfer to paper towels to drain.
- ☐ Pour off any fat from pan and in pan cook vegetables in oil over moderate heat, stirring occasionally, until onion is softened. Stir in rice, broth, and cayenne and bring to a boil. Cover pan and cook rice over low heat 15 minutes.
- ☐ Remove pan from heat and let rice stand, covered, 5 minutes. Thinly slice scallions. Fluff rice with a fork and stir in sausage, scallions, and salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:69.05, Glycemic Load:31.12, Inflammation Score:-8, Nutrition Score:20.542173779529%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 628.28kcal (31.41%), Fat: 33.27g (51.18%), Saturated Fat: 10.5g (65.6%), Carbohydrates: 56.76g (18.92%), Net Carbohydrates: 54.16g (19.69%), Sugar: 4.19g (4.66%), Cholesterol: 84.78mg (28.26%), Sodium: 1310.89mg

(57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.08%), Vitamin C: 53.3mg (64.6%), Manganese: 0.87mg (43.67%), Vitamin B3: 7.15mg (35.73%), Vitamin B6: 0.61mg (30.59%), Vitamin K: 31.87µg (30.35%), Vitamin B1: 0.43mg (28.82%), Vitamin A: 1421.85IU (28.44%), Phosphorus: 255.85mg (25.58%), Zinc: 3.45mg (23%), Vitamin B2: 0.31mg (18.46%), Vitamin B12: 1µg (16.59%), Potassium: 551.43mg (15.76%), Vitamin B5: 1.58mg (15.75%), Selenium: 10.25µg (14.65%), Copper: 0.27mg (13.34%), Iron: 2.3mg (12.77%), Magnesium: 43.87mg (10.97%), Fiber: 2.6g (10.38%), Vitamin D: 1.47µg (9.83%), Folate: 38.22µg (9.56%), Vitamin E: 1.23mg (8.19%), Calcium: 54.42mg (5.44%)