



Smoked Sausage Jambalaya

 **Gluten Free**  **Dairy Free**

READY IN



1500 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounces canned tomatoes diced canned
- 2 rib celery stalks finely chopped
- 2 garlic clove finely chopped
- 2 bell pepper green finely chopped
- 1 medium onion finely chopped
- 1 pound andouille sausage sliced
- 3 spring onion finely chopped
- 1 tablespoon vegetable oil

- 3.5 cups water
- 1 pound rice long-grain white

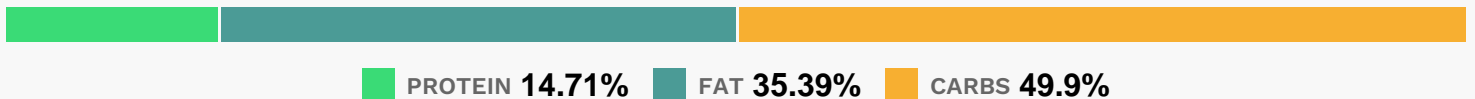
Equipment

- bowl
- pot
- microwave
- slotted spoon

Directions

- Cook sausage in oil in a wide 6-to 8-quart heavy pot over medium-high heat, stirring occasionally, until golden-brown, about 5 minutes.
- Transfer to a bowl with a slotted spoon.
- Cook peppers, celery, onion, scallions, garlic, and 1/2 teaspoon salt in fat remaining in pot, stirring occasionally, until golden-brown, 10 to 12 minutes. Stir in rice, sausage, tomatoes with their juice, water, 1 teaspoon salt, and 1/2 teaspoon pepper and bring to a rolling boil.
- Reduce heat and cook at a bare simmer, covered tightly with lid, until rice is tender and water is absorbed, about 25 minutes.
- Remove from heat and let stand, covered, 10 minutes. Fluff rice with a fork.
- Lagier Meredith Mount Veeder Napa Valley Syrah '06
- Jambalaya can be made 1 day ahead and chilled. Reheat, sprinkled with water, in a microwave or over low heat.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:29.83, Inflammation Score:-6, Nutrition Score:17.165217275205%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 452.05kcal (22.6%), Fat: 17.85g (27.46%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 53.12g (19.32%), Sugar: 6.46g (7.18%), Cholesterol: 48.76mg (16.25%), Sodium: 603.01mg (26.22%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.7g (33.4%), Manganese: 0.88mg (43.77%), Vitamin C: 35.15mg (42.61%), Selenium: 21.1µg (30.14%), Vitamin B3: 5.78mg (28.89%), Vitamin B6: 0.45mg (22.39%), Copper: 0.39mg (19.71%), Phosphorus: 194.25mg (19.42%), Vitamin K: 20.1µg (19.14%), Vitamin B1: 0.29mg (19.1%), Potassium: 638.05mg (18.23%), Zinc: 2.37mg (15.83%), Iron: 2.63mg (14.63%), Fiber: 3.5g (13.99%), Vitamin E: 2.09mg (13.94%), Vitamin B5: 1.32mg (13.16%), Magnesium: 49.59mg (12.4%), Vitamin B2: 0.2mg (11.52%), Vitamin B12: 0.56µg (9.26%), Vitamin A: 392.98IU (7.86%), Calcium: 68.65mg (6.87%), Folate: 26.58µg (6.65%), Vitamin D: 0.79µg (5.29%)