



Spruced-up Zatarain's® Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 38 ounces andouille sausage sliced
- ☐ 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®), drained canned
- ☐ 1 onion chopped
- ☐ 2.5 cups water
- ☐ 16 ounce jambalaya mix (such as Zatarain's®)
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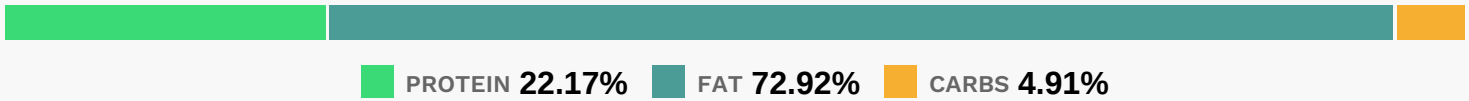
Equipment

- ☐ pot

Directions

- ☐
- Heat olive oil in a large pot over medium-high heat. Cook and stir sausage and onion in hot oil until the sausage and onion are browned, 7 to 10 minutes.
- ☐
- Pour water, jambalaya mix, and diced tomatoes with green chile peppers into the pot; bring the mixture to a boil, reduce heat to low, cover the pot, and simmer until the water is mostly absorbed and the rice is tender, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:16.203913090346%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 603.62kcal (30.18%), Fat: 48.86g (75.16%), Saturated Fat: 15.86g (99.14%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 5.54g (2.02%), Sugar: 4.31g (4.79%), Cholesterol: 154.41mg (51.47%), Sodium: 1624.51mg (70.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.84%), Vitamin B3: 11.01mg (55.05%), Selenium: 37.26µg (53.23%), Vitamin B1: 0.47mg (31.2%), Zinc: 4.44mg (29.6%), Vitamin B12: 1.76µg (29.33%), Phosphorus: 272.84mg (27.28%), Vitamin B2: 0.32mg (18.88%), Vitamin B6: 0.37mg (18.61%), Potassium: 640.82mg (18.31%), Vitamin D: 2.51µg (16.76%), Vitamin B5: 1.32mg (13.22%), Iron: 2.19mg (12.18%), Vitamin E: 1.62mg (10.8%), Vitamin C: 7.03mg (8.52%), Magnesium: 31.55mg (7.89%), Copper: 0.15mg (7.52%), Fiber: 1.87g (7.48%), Calcium: 23.33mg (2.33%), Manganese: 0.03mg (1.63%), Vitamin A: 73.98IU (1.48%), Folate: 5.28µg (1.32%)