



The Big Easy Jambalaya

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

READY IN



52 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce andouille sausage cut into 1/4-inch slices
- 14.5 ounce canned tomatoes diced fire roasted undrained canned
- 1 medium bell pepper green chopped
- 1 tablespoon olive oil
- 1 medium onion chopped
- 8 ounce zatarain's® reduced sodium jambalaya mix
- 1 pound shrimp deveined peeled
- 1 cup water

1 medium bell pepper yellow chopped

Equipment

frying pan

dutch oven

Directions

Heat oil in large deep skillet or 5-quart Dutch oven on medium heat.

Add onion and bell peppers; cook and stir 7 minutes or until vegetables begin to soften.

Stir in tomatoes, water and Jambalaya

Mix. Bring to boil. Reduce heat to medium-low; cover and simmer 15 minutes.

Stir in shrimp and sausage. Cover and cook 10 minutes longer or just until shrimp turn pink and rice and vegetables are tender, stirring occasionally.

Remove from heat.

Let stand 5 minutes.

Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:9.5534781684046%

Flavonoids

Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 230.71kcal (11.54%), Fat: 13.85g (21.3%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.21g (1.89%), Sugar: 2.63g (2.92%), Cholesterol: 127.86mg (42.62%), Sodium: 504.06mg (21.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.31%), Vitamin C: 41.2mg (49.94%), Phosphorus:

203.73mg (20.37%), Vitamin B3: 3.21mg (16.05%), Copper: 0.3mg (15.11%), Selenium: 8.92µg (12.74%), Zinc: 1.9mg (12.67%), Potassium: 397.16mg (11.35%), Vitamin B1: 0.13mg (8.52%), Vitamin B6: 0.16mg (8.03%), Magnesium: 31.88mg (7.97%), Vitamin B12: 0.45µg (7.42%), Iron: 1.3mg (7.22%), Calcium: 63.85mg (6.39%), Vitamin A: 308.03IU (6.16%), Vitamin B2: 0.09mg (5.58%), Vitamin E: 0.69mg (4.62%), Fiber: 1.02g (4.06%), Vitamin D: 0.6µg (3.97%), Manganese: 0.07mg (3.71%), Vitamin B5: 0.36mg (3.65%), Folate: 8.39µg (2.1%), Vitamin K: 2.21µg (2.1%)