



The Big Easy Jambalaya



Gluten Free



Dairy Free

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
- ☐ 0.3 cup parsley fresh chopped
- ☐ 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

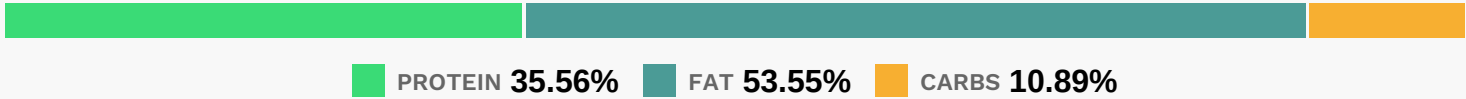
Equipment

- ☐ 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:8.63, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:11.24826077793%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 231.39kcal (11.57%), Fat: 13.86g (21.32%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.27g (1.92%), Sugar: 2.64g (2.94%), Cholesterol: 127.86mg (42.62%), Sodium: 505.11mg (21.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin C: 43.69mg (52.96%), Vitamin K: 32.96µg (31.39%), Phosphorus: 204.82mg (20.48%), Vitamin B3: 3.24mg (16.18%), Copper: 0.31mg (15.25%), Zinc: 1.92mg (12.81%), Selenium: 8.92µg (12.74%), Potassium: 407.55mg (11.64%), Vitamin A: 465.98IU (9.32%), Vitamin B1: 0.13mg (8.63%), Magnesium: 32.81mg (8.2%), Vitamin B6: 0.16mg (8.11%), Iron: 1.42mg (7.87%), Vitamin B12: 0.45µg (7.42%), Calcium: 66.44mg (6.64%), Vitamin B2: 0.1mg (5.69%), Vitamin E: 0.71mg (4.71%), Fiber: 1.08g (4.31%), Vitamin D: 0.6µg (3.97%), Manganese: 0.08mg (3.86%), Vitamin B5: 0.37mg (3.72%), Folate: 11.24µg (2.81%)