



Turkey and Sausage Jambalaya

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 tablespoon pepper black
- 0.1 teaspoon ground pepper
- 1 tablespoon ground pepper
- 1 cup celery chopped
- 1 tablespoon thyme dried
- 0.3 cup parsley fresh chopped
- 0.1 cup garlic chopped

- 2 tablespoons garlic powder
- 1 cup bell pepper green chopped
- 0.5 cup spring onion chopped
- 0.4 teaspoon pepper black
- 1 lb kielbasa cooked cut into 6 to 8-inch segments
- 1 tablespoon onion powder
- 1 tablespoon oregano dried
- 2.5 tablespoons paprika
- 0.8 teaspoon salt
- 2 tablespoons salt
- 1 cup tomatoes chopped
- 2 lbs turkey cubed cooked
- 2 turkey legs cooked
- 0.3 cup vegetable oil
- 8 cups water
- 1.1 pounds rice medium-grain white
- 2 cups onion yellow chopped

Equipment

- roasting pan

Directions

- In a very large roasting pan measuring approximately 21 by 17 by 7 inches with handles on both sides, heat the oil over medium-high heat.
- Add the onions, bell peppers, celery, garlic, Essence, salt, pepper, cayenne and bay leaves, and cook, stirring, until the vegetables are very soft and starting to turn golden, about 15 minutes.
- Add the sausages and cook, stirring, until they start to brown on the outside, about 7 minutes.
- Add the turkey legs and meat and stir well.

- Add the tomatoes and their juices and cook, stirring, for 5 minutes.
- Add the rice and stir well to incorporate and coat evenly.
- Add the water, stir well to combine, and bring to a boil.Reduce the heat, cover tightly, and cook without stirring until the liquid is absorbed and the rice is tender, 35 to 40 minutes, adding more water as needed if the liquid is all absorbed before the rice is tender.
- Remove from the heat and let sit for 15 minutes before serving.
- Remove the bay leaves. Stir in the green onions and parsley, and serve hot.Essence:.
- Combine all ingredients thoroughly and store in an airtight jar or container.

Nutrition Facts



■ PROTEIN **29.72%**
■ FAT **41.14%**
■ CARBS **29.14%**

Properties

Glycemic Index:44.32, Glycemic Load:26.15, Inflammation Score:-9, Nutrition Score:32.845217414524%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 711.2kcal (35.56%), Fat: 32.09g (49.37%), Saturated Fat: 9.46g (59.15%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 47.57g (17.3%), Sugar: 2.84g (3.16%), Cholesterol: 174.3mg (58.1%), Sodium: 2167.22mg (94.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.17g (104.33%), Selenium: 66.4µg (94.86%), Vitamin B6: 1.22mg (61.22%), Vitamin K: 63.35µg (60.34%), Vitamin B3: 11.86mg (59.3%), Phosphorus: 520.13mg (52.01%), Zinc: 7.17mg (47.77%), Manganese: 0.95mg (47.59%), Vitamin B2: 0.56mg (32.97%), Iron: 5.61mg (31.19%), Vitamin A: 1550.76IU (31.02%), Vitamin B1: 0.46mg (30.55%), Vitamin B12: 1.76µg (29.31%), Vitamin B5: 2.91mg (29.07%), Potassium: 938.97mg (26.83%), Vitamin C: 21.44mg (25.99%), Copper: 0.52mg (25.77%), Magnesium: 84.55mg (21.14%), Fiber: 3.56g (14.23%), Folate: 47.06µg (11.77%), Calcium: 107.06mg (10.71%), Vitamin E: 1.58mg (10.51%), Vitamin D: 0.19µg (1.29%)