



Turkey Jambalaya



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 teaspoons cajun spice
- ☐ 14.5 ounce canned tomatoes diced italian-style undrained canned
- ☐ 3 stalks celery chopped
- ☐ 3 cloves garlic pressed
- ☐ 1 bell pepper diced green
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 onion diced

- ☐ 1.5 pounds turkey sausage hot
- ☐ 1.5 cups rice long-grain white uncooked

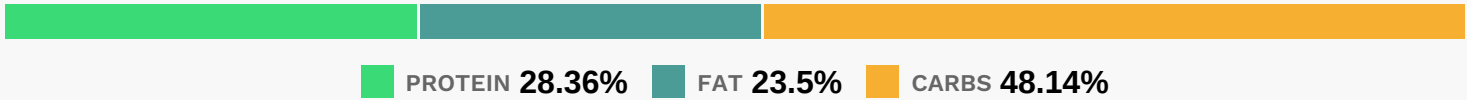
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Grill or fry sausage until almost cooked through.
- ☐ Drain and set aside. When cooled, cut into bite-size pieces.
- ☐ In a large skillet combine the celery, onion, bell pepper, garlic, tomatoes, broth, rice, bay leaf and seasoning.
- ☐ Mix well and bring to a boil over medium high heat.
- ☐ Reduce heat to medium low and add sausage. Cover and simmer until rice is tender, about 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:35.53, Glycemic Load:24.34, Inflammation Score:-7, Nutrition Score:19.116956627887%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 397.36kcal (19.87%), Fat: 10.31g (15.87%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 44.4g (16.15%), Sugar: 4.78g (5.31%), Cholesterol: 85.05mg (28.35%), Sodium: 806.84mg (35.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28g (56.01%), Vitamin B3: 8.13mg (40.65%), Vitamin B6: 0.79mg (39.48%), Manganese: 0.76mg (37.89%), Vitamin C: 27.32mg (33.11%), Phosphorus: 317.92mg (31.79%),

Zinc: 4.37mg (29.12%), Vitamin B12: 1.55µg (25.88%), Vitamin B2: 0.38mg (22.3%), Potassium: 753.46mg (21.53%),
Copper: 0.4mg (20.07%), Vitamin B5: 1.93mg (19.33%), Iron: 3.07mg (17.07%), Vitamin A: 725.42IU (14.51%),
Magnesium: 55.2mg (13.8%), Vitamin B1: 0.2mg (13.35%), Fiber: 3.14g (12.56%), Selenium: 7.82µg (11.17%), Vitamin K:
11.64µg (11.08%), Vitamin E: 1.38mg (9.21%), Calcium: 79.52mg (7.95%), Folate: 31.34µg (7.84%)