



Turkey Jambalaya

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp cajun spice
- 1 cup celery chopped
- 1 lb mexican chorizo cut into small chunks
- 1 cup bell pepper green chopped
- 3 cups rice white instant uncooked
- 1 tsp oil
- 1 cup onion chopped
- 28 oz stewed tomatoes undrained canned

2 cups turkey cooked chopped

1.5 cups water

Equipment

frying pan

Directions

Cook and stir celery, green pepper, onion and chorizo in hot oil in large skillet on medium-high heat 5 minutes or until chorizo is cooked through.

Add tomatoes with their liquid, the water, turkey and seasoning; mix well. Bring to boil.

Stir in rice. Reduce heat to low; cover. Simmer 5 minutes.

Remove from heat.

Let stand, covered, 5 minutes.

Mix lightly before serving.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:3.1639130471841%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 83.71kcal (4.19%), Fat: 3.61g (5.56%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.66g (2.78%), Sugar: 1.16g (1.29%), Cholesterol: 12.19mg (4.06%), Sodium: 60.61mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin C: 5.64mg (6.84%), Iron: 1.14mg (6.31%), Folate: 24.23µg (6.06%), Selenium: 4.13µg (5.91%), Vitamin B3: 1.17mg (5.83%), Vitamin B1: 0.09mg (5.81%), Manganese: 0.1mg (5.19%), Vitamin A: 212.97IU (4.26%), Vitamin B6: 0.07mg (3.41%), Phosphorus: 27.11mg (2.71%), Copper: 0.05mg (2.57%), Fiber: 0.63g (2.52%), Potassium: 87.72mg (2.51%), Vitamin E: 0.3mg (2%), Vitamin K:

1.98µg (1.88%), Zinc: 0.27mg (1.81%), Magnesium: 6.82mg (1.71%), Vitamin B2: 0.03mg (1.59%), Calcium: 13.34mg (1.33%), Vitamin B5: 0.13mg (1.26%), Vitamin B12: 0.07µg (1.15%)