



Vegetable Jambalaya



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion coarsely chopped
- ☐ 1 cup bell pepper green coarsely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 14 ounces vegetable stock canned
- ☐ 1 cup corn whole frozen
- ☐ 2 tablespoons worcestershire sauce

- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 15 ounces blackeyed peas rinsed drained canned
- ☐ 14.5 ounces canned tomatoes undrained canned

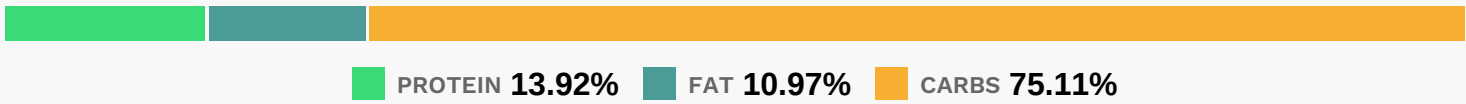
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and garlic in oil 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in rice. Cook 2 to 3 minutes, stirring occasionally, until rice is light golden brown. Stir in broth.
- ☐ Heat to boiling; reduce heat. Cover and simmer 15 minutes
- ☐ Stir in remaining ingredients. Cover and simmer 5 to 10 minutes or until vegetables and rice are tender.

Nutrition Facts



Properties

Glycemic Index:71.05, Glycemic Load:32.23, Inflammation Score:-8, Nutrition Score:23.623478060183%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 420.21kcal (21.01%), Fat: 5.21g (8.02%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 80.32g (26.77%), Net Carbohydrates: 69.49g (25.27%), Sugar: 12.39g (13.77%), Cholesterol: 0mg (0%), Sodium: 713.73mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Manganese: 1.34mg (67.03%), Folate: 261.18µg (65.29%), Vitamin C: 45.05mg (54.6%), Fiber: 10.83g (43.3%), Copper: 0.65mg (32.41%), Phosphorus: 293.92mg (29.39%), Iron: 5.15mg (28.61%), Potassium: 892.2mg (25.49%), Magnesium: 101.89mg (25.47%), Vitamin B1: 0.38mg

(25.24%), Vitamin B6: 0.49mg (24.39%), Zinc: 2.41mg (16.06%), Vitamin K: 16.63µg (15.84%), Vitamin B3: 3.12mg (15.58%), Selenium: 10.72µg (15.31%), Vitamin E: 2.08mg (13.89%), Vitamin B5: 1.29mg (12.87%), Vitamin A: 619.72IU (12.39%), Vitamin B2: 0.17mg (10.28%), Calcium: 98.98mg (9.9%)