



Vegetarian Jambalaya

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown rice
- ☐ 2 teaspoons cajun spice
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 2 tablespoons canola oil
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 cup celery chopped
- ☐ 25 ounce vegetarian fried chicken chopped frichik® canned such as
- ☐ 1 cup vegetarian chicken-flavored broth

- ☐ 0.1 teaspoon chili powder
- ☐ 2 teaspoons parsley dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup mushrooms fresh sliced
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 2 garlic cloves minced
- ☐ 1 large bell pepper green chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup rice long grain uncooked
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 1 teaspoon olive oil
- ☐ 1 large onion chopped
- ☐ 1 medium onion finely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon pepper
- ☐ 6 tablespoons reduced fat cream sour
- ☐ 0.3 teaspoon salt
- ☐ 3 cups tomatoes fresh chopped
- ☐ 19 ounce vegetarian hot dogs sliced loma linda® canned such as Big Franks
- ☐ 2 cups water

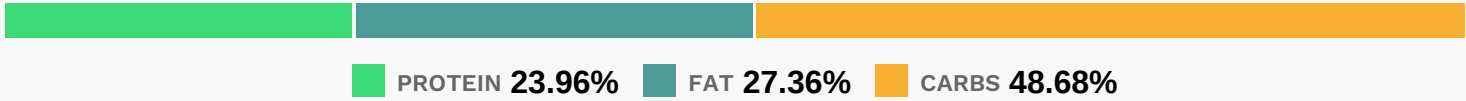
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat canola oil in a large pan over medium heat; cook and stir onion, bell pepper, mushrooms, celery, and garlic until onion is tender and translucent, about 5 minutes.
- ☐ Add tomatoes, vegetarian hot dogs, vegetarian fried chicken, vegetarian chicken broth, brown rice, oregano, parsley, Cajun seasoning, cayenne pepper, and thyme. Cook and stir until boiling, about 10 minutes.
- ☐ Transfer mixture to a large baking dish.
- ☐ Bake in preheated oven until rice is tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:68.87, Glycemic Load:23.18, Inflammation Score:-9, Nutrition Score:21.54434779416%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 445.77kcal (22.29%), Fat: 13.6g (20.92%), Saturated Fat: 3.04g (19%), Carbohydrates: 54.44g (18.15%), Net Carbohydrates: 48.55g (17.65%), Sugar: 8.45g (9.39%), Cholesterol: 35.63mg (11.88%), Sodium: 1110.94mg (48.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.59%), Manganese: 1.44mg (72.1%), Vitamin C: 44.94mg (54.48%), Vitamin B3: 6.59mg (32.93%), Iron: 5.5mg (30.54%), Vitamin B6: 0.58mg (29.15%), Vitamin K: 28.15µg (26.81%), Vitamin A: 1214.32IU (24.29%), Phosphorus: 240.69mg (24.07%), Fiber: 5.89g (23.58%), Selenium: 14.31µg (20.44%), Vitamin B2: 0.33mg (19.15%), Magnesium: 74.87mg (18.72%), Potassium: 654.34mg (18.7%), Copper: 0.37mg (18.68%), Vitamin B5: 1.79mg (17.86%), Vitamin B1: 0.25mg (16.8%), Zinc: 1.89mg (12.63%), Vitamin E: 1.75mg (11.65%), Folate: 44.57µg (11.14%), Calcium: 73.92mg (7.39%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.18µg (1.22%)