

Quick and Delicious Jambalaya

Mrs. L. onny Fontenot

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

1 pound ground beef, browned and drained

1 1/2 pounds peeled shrimp

1 1/2 cups raw rice, washed

1 can (10-1/2 ounce) cream of chicken soup

1 can (10-1/2 ounce) onion soup

1 onion, chopped

1/2 cup bell pepper, chopped

1 stalk celery, chopped

salt (to taste)

pepper (to taste)

Tabasco sauce (to taste)

Preheat the oven to 350 degrees.

In a large bowl, mix all of the ingredients.

Place the mixture in a two-quart casserole.

Bake for 1-1/2 hours or until done.

Per Serving (excluding unknown items): 275 Calories; 22g Fat (71.2% calories from fat); 14g Protein; 6g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 398mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	275
% Calories from Fat:	71.2%
% Calories from Carbohydrates:	8.1%
% Calories from Protein:	20.7%
Total Fat (g):	22g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	66mg
Carbohydrate (g):	6g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	2.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 14g
 Sodium (mg): 398mg
 Potassium (mg): 268mg
 Calcium (mg): 24mg
 Iron (mg): 2mg
 Zinc (mg): 3mg
 Vitamin C (mg): 13mg
 Vitamin A (i.u.): 181IU
 Vitamin A (r.e.): 18RE

Grain (Starch): 0
 Lean Meat: 2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 275 Calories from Fat: 196

% Daily Values*

Total Fat	22g	33%
Saturated Fat	9g	43%
Cholesterol	66mg	22%
Sodium	398mg	17%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	3%
Protein	14g	

Vitamin A	4%
Vitamin C	22%
Calcium	2%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.