

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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48251 **Big Easy Jambalaya** Net Wt. 8.2 oz. (232g)

Ingredients: Rice, Dehydrated Vegetables (Carrots, Corn, Peas, Onions, Celery, Zucchini Squash), Minced Garlic, Cumin, Cayenne Pepper, Thyme, Parsley and Black Pepper.

This spicy dish captures the colorful taste of Mardi Gras for your dinner table.

Ingredients needed;

- 1 14 1/2 oz can of petite diced tomatoes
- 1 15 oz can of tomato sauce
- 2 lbs of boneless, skinless chicken thighs
- 1 14 to 16 oz package of andouille sausage
- 4 cups of water or low sodium chicken broth
- 1 cup of white wine (optional)

Cooking Instructions

- 1. Place the chicken and sausage in the bottom of the slow cooker.
- 2. Layer the contents of the vegetable and spice packets over the meat.
- 3. Layer the rice over the vegetables and spices.
- 4. Top evenly with the diced tomatoes and tomato sauce.
- 5. Slowly pour the water or broth and wine over the ingredients. Do not stir.
- 4. Cover and cook on high for 4 1/2 to 5 1/2 hours or low for 8 to 10 hours.
- 5. Salt to taste.

Serving Suggestions: Add your favorite seafood (shrimp, clams, mussels etc.) 15 minutes before serving.

Serve with crusty French bread and a green salad.

Add Louisiana hot sauce or cayenne pepper to taste.

Serve with lemon wedges.

Nutrition Facts

Serving Size As Packaged 1.0 oz. (29g)

As Prepared 14.6 oz. (415g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared
Calories	100	520
Calories from Fat	5	240
% Daily Value**		
Total Fat 0g*	0%	42%
Saturated Fat 0g	0%	45%
Trans Fat 0g		
Cholesterol 0mg	0%	45%
Sodium 30mg	1%	39%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	12%
Sugars 2g		
Protein 3g		
Vitamin A	80%	90%
Vitamin C	4%	25%
Calcium	2%	8%
Iron	6%	25%

* Amount in Mix. As prepared, one serving provides 27g total fat (9 saturated fat), 135mg cholesterol, 940mg sodium, 28g carbs (3g fiber, 5g sugar) and 43g protein.

**Percent Daily Values (DV) are based on a 2,000 calorie diet.