

# Instant Pot-Jambalaya

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italial-sausage-and-rice-ip-recipe>

## Ingredients:

- 1 case sausage case
- 1/2 pound large shrimp
- 1 pound chicken cut into bite-sized chunks
- 1 onion medium, finely diced
- 3 bell peppers medium, finely diced
- 1 tablespoon Creole seasoning
- 1/2 teaspoon salt
- 1 can crushed tomatoes
- 2 1/2 cups chicken broth
- 1 1/2 cups rice
- 1 tablespoon oil

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 3 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams

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