



Autumn Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup vegetable oil
- 0.3 cup flour all-purpose
- 10 oz bell pepper diced green red frozen thawed
- 4 cloves garlic finely chopped
- 2 cups butternut squash cubed
- 28 oz canned tomatoes diced organic undrained canned
- 2 cups chicken broth (from 32-oz carton)
- 1.5 teaspoons creole seasoning

- 3 cups chicken shredded cooked
- 1.5 cups okra frozen thawed
- 17 oz no boil lasagna noodles cajun-style
- 6 slices bacon crumbled cooked

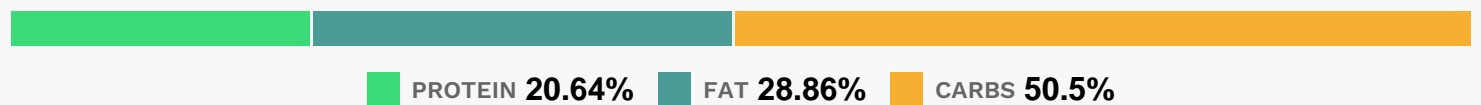
Equipment

- bowl
- whisk
- microwave
- dutch oven

Directions

- In small microwavable bowl, stir oil and flour with whisk. Microwave uncovered on High about 4 minutes, stirring every 45 seconds, until caramel colored.
- Carefully pour roux mixture into 4-quart Dutch oven.
- Heat over medium heat until hot.
- Add bell pepper mix and garlic. Cook 2 to 3 minutes, stirring frequently.
- Add squash; cook 5 minutes.
- Stir in tomatoes, 2 cups broth and Creole seasoning.
- Heat to boiling; reduce heat. Cover; simmer 20 minutes, stirring occasionally and adding 1/2 cup more broth if needed. Stir in chicken and okra; simmer 5 to 10 minutes longer.
- Meanwhile, cook rice in microwave as directed on package.
- Serve gumbo with rice.
- Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:28.992609042836%

Flavonoids

Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 663.85kcal (33.19%), Fat: 21.87g (33.65%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 86.12g (28.71%), Net Carbohydrates: 77.84g (28.31%), Sugar: 10.22g (11.35%), Cholesterol: 97.84mg (32.61%), Sodium: 657.81mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.38%), Vitamin A: 5840.39IU (116.81%), Vitamin C: 66.72mg (80.87%), Vitamin B3: 9.65mg (48.25%), Vitamin B6: 0.8mg (39.99%), Vitamin K: 41.58µg (39.6%), Manganese: 0.73mg (36.58%), Selenium: 25.47µg (36.39%), Fiber: 8.28g (33.13%), Potassium: 1142.81mg (32.65%), Phosphorus: 263.03mg (26.3%), Vitamin B1: 0.39mg (25.84%), Vitamin E: 3.78mg (25.19%), Iron: 3.74mg (20.76%), Copper: 0.41mg (20.6%), Magnesium: 82.05mg (20.51%), Vitamin B2: 0.32mg (18.54%), Folate: 66.32µg (16.58%), Vitamin B5: 1.48mg (14.82%), Zinc: 2.08mg (13.88%), Calcium: 110.42mg (11.04%), Vitamin B12: 0.31µg (5.1%)