



## Cajun Chicken and Sausage Gumbo

 Dairy Free

READY IN



195 min.

SERVINGS



10

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 2 celery stalks chopped
- 6 cups chicken broth
- 10 servings creole seasoning to taste
- 1 cup flour all-purpose
- 4 cloves garlic minced
- 1 large bell pepper green chopped
- 1 large onion chopped

- 1 rotisserie chicken cut shredded
- 10 servings salt and pepper to taste
- 1 pound sausage smoked sliced
- 1 cup vegetable oil

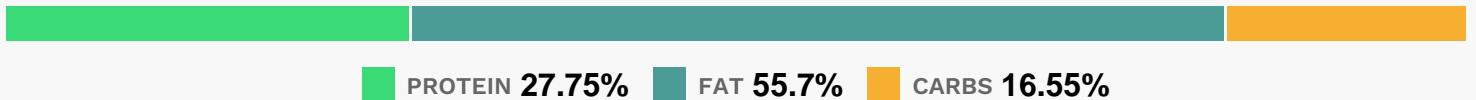
## Equipment

- whisk
- dutch oven

## Directions

- Heat the oil in a Dutch oven over medium heat. When hot, whisk in flour. Continue whisking until the roux has cooked to the color of chocolate milk, 8 to 10 minutes. Be careful not to burn the roux. If you see black specks in the mixture, start over.
- Stir onion, bell pepper, celery, and sausage into the roux; cook 5 minutes. Stir in the garlic and cook another 5 minutes. Season with salt, pepper, and Creole seasoning; blend thoroughly.
- Pour in the chicken broth and add the bay leaf. Bring to a boil over high heat, then reduce heat to medium-low, and simmer, uncovered, for 1 hour, stirring occasionally. Stir in the chicken, and simmer 1 hour more. Skim off any foam that floats to the top during the last hour.

## Nutrition Facts



## Properties

Glycemic Index:20.6, Glycemic Load:7.56, Inflammation Score:-6, Nutrition Score:9.3765217739603%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

## Nutrients (% of daily need)

Calories: 357.01kcal (17.85%), Fat: 22.12g (34.04%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 13.33g (4.85%), Sugar: 1.91g (2.12%), Cholesterol: 92.63mg (30.88%), Sodium: 1312.53mg (57.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.59%), Vitamin C: 16.23mg (19.67%), Vitamin B1: 0.27mg (18.07%), Vitamin A: 900.32IU (18.01%), Selenium: 11.17µg (15.96%), Vitamin B2: 0.25mg (14.76%), Vitamin B3: 2.79mg (13.96%), Manganese: 0.27mg (13.42%), Vitamin B12: 0.71µg (11.89%), Vitamin K: 11.19µg (10.66%), Vitamin B6: 0.2mg (10.1%), Zinc: 1.26mg (8.37%), Phosphorus: 83.2mg (8.32%), Folate: 31.64µg (7.91%), Iron: 1.4mg (7.8%), Vitamin E: 1.08mg (7.23%), Potassium: 222.35mg (6.35%), Fiber: 1.46g (5.82%), Copper: 0.09mg (4.73%), Magnesium: 16.19mg (4.05%), Vitamin D: 0.5µg (3.33%), Vitamin B5: 0.31mg (3.11%), Calcium: 21.44mg (2.14%)