



Chicken-and-Andouille Sausage Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound andouille sausage cut into 1/4-inch-thick slices
- 2 bay leaves
- 3 chicken thighs boneless
- 2 rib celery sliced
- 6 servings garnish: celery leaves
- 4 cups chicken broth
- 6 servings rice hot cooked
- 1 tablespoon creole seasoning

- 0.5 teaspoon thyme leaves dried
- 0.8 cup flour all-purpose
- 3 garlic cloves minced
- 0.5 medium size bell pepper green chopped
- 0.5 cup green onions sliced
- 1 teaspoon hot sauce
- 0.3 cup olive oil pure
- 1 medium onion
- 3 chicken breasts boneless skinless
- 4 cups water

Equipment

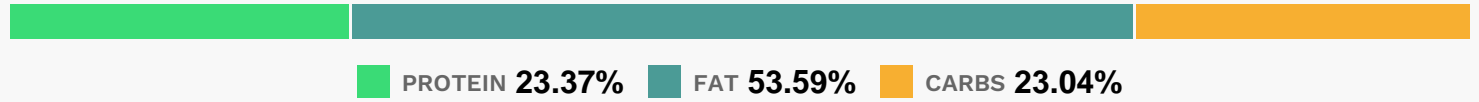
- frying pan
- whisk
- dutch oven

Directions

- Brown andouille sausage in a Dutch oven over medium heat, stirring until it crumbles and is no longer pink.
- Remove sausage, reserving dripping in pan. Set sausage aside.
- Cut chicken breasts and thighs into 1-inch pieces, and brown in hot drippings over medium heat.
- Remove chicken, reserving drippings.
- Measure drippings, adding enough olive oil to measure 1/2 cup.
- Heat mixture in Dutch oven over medium-high heat until hot.
- Whisk in flour, and cook, whisking constantly, 10 to 12 minutes or until roux is caramel colored.
- Add chopped onion and next 3 ingredients; cook, stirring often, until vegetables are tender. Gradually stir in 4 cups water and broth; bring to a boil.
- Add chicken, Creole seasoning, and next 3 ingredients; reduce heat, and simmer, stirring occasionally, 30 minutes.

- Add sausage and green onions, and cook 30 minutes.
- Remove and discard bay leaves; serve over rice.
- Serve with fil powder, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:33.3, Inflammation Score:-7, Nutrition Score:24.854782871578%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 699.84kcal (34.99%), Fat: 41.33g (63.59%), Saturated Fat: 10.92g (68.26%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 38.21g (13.89%), Sugar: 2.92g (3.24%), Cholesterol: 159.68mg (53.23%), Sodium: 1336.43mg (58.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.11%), Selenium: 56.58µg (80.83%), Vitamin B3: 14.93mg (74.66%), Vitamin B6: 0.94mg (46.81%), Phosphorus: 393.39mg (39.34%), Manganese: 0.67mg (33.73%), Vitamin B1: 0.47mg (31.21%), Vitamin B2: 0.47mg (27.62%), Vitamin K: 27.35µg (26.05%), Zinc: 3.63mg (24.21%), Vitamin B5: 2.37mg (23.69%), Potassium: 751.28mg (21.47%), Vitamin B12: 1.25µg (20.78%), Vitamin E: 2.65mg (17.68%), Iron: 2.95mg (16.37%), Vitamin C: 13.28mg (16.09%), Magnesium: 60.12mg (15.03%), Copper: 0.25mg (12.66%), Folate: 47.22µg (11.8%), Vitamin A: 574.47IU (11.49%), Vitamin D: 1.17µg (7.81%), Fiber: 1.76g (7.02%), Calcium: 53.08mg (5.31%)