



Chicken and Sausage Gumbo

 Dairy Free

READY IN



180 min.

SERVINGS



15

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces andouille sausage diced
- 0.7 cup canola oil
- 2 teaspoons cayenne pepper
- 1 cup celery chopped
- 0.8 cup flour all-purpose
- 1 teaspoon garlic powder
- 0.5 cup bell pepper green chopped
- 15 servings kosher salt and pepper black freshly ground

- 1 cup chicken broth low-sodium
- 0.3 cup onion finely chopped roughly chopped
- 3 to 4 scallions chopped
- 1.3 pounds chicken thighs boneless skinless cut into 1-inch pieces
- 1 pound sausage smoked sliced
- 0.3 cup flour whole-wheat

Equipment

- frying pan
- whisk
- pot

Directions

- Heat the canola oil in a cast-iron skillet over medium heat until hot, about 5 minutes.
- Whisk in both flours and cook, whisking constantly, until the roux is dark brown, about 10 minutes.
- Remove from the heat and let stand 10 minutes, then stir in the finely chopped onion.
- Meanwhile, bring the broth and 20 cups water to a boil in a large pot.
- Add the roughly chopped onion, the celery and bell pepper; cook over medium-high heat, 15 minutes. Stir in the roux in 3 batches; cook, stirring occasionally, until thickened, 30 minutes.
- Add the cayenne, garlic powder, 2 1/2 tablespoons salt and 1/2 teaspoon black pepper. Stir in the smoked sausage and tasso. Reduce the heat to low; simmer 1 hour.
- Return the mixture to a boil.
- Add the chicken thighs and breasts and cook 30 minutes.
- Remove from the heat. Skim the fat off the surface, then stir in the scallions.
- Serve over rice.
- Photograph by Yunhee Kim

Nutrition Facts



■ PROTEIN 25.51% ■ FAT 60.34% ■ CARBS 14.15%

Properties

Glycemic Index:16.33, Glycemic Load:3.63, Inflammation Score:-3, Nutrition Score:9.2426086145899%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 240.34kcal (12.02%), Fat: 15.97g (24.57%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.63g (2.77%), Sugar: 0.62g (0.69%), Cholesterol: 70.38mg (23.46%), Sodium: 424.28mg (18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.38%), Selenium: 19.12µg (27.31%), Vitamin B3: 4.78mg (23.91%), Phosphorus: 150.22mg (15.02%), Vitamin B6: 0.29mg (14.62%), Vitamin B1: 0.22mg (14.61%), Vitamin B12: 0.86µg (14.37%), Zinc: 1.74mg (11.58%), Vitamin B2: 0.19mg (11.45%), Vitamin K: 10.27µg (9.78%), Manganese: 0.18mg (9.11%), Potassium: 274.75mg (7.85%), Vitamin B5: 0.76mg (7.65%), Iron: 1.29mg (7.19%), Vitamin C: 5.06mg (6.13%), Magnesium: 21.73mg (5.43%), Folate: 20.55µg (5.14%), Vitamin E: 0.7mg (4.68%), Copper: 0.09mg (4.37%), Vitamin A: 199.55IU (3.99%), Vitamin D: 0.54µg (3.63%), Fiber: 0.8g (3.19%), Calcium: 15.65mg (1.57%)