



Chicken-and-Sausage Gumbo

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



1049 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 teaspoon pepper black freshly ground
- 14 oz canned tomatoes whole peeled drained chopped canned
- 1 teaspoon ground pepper
- 4 ribs celery with leaves, sliced
- 6 cups chicken broth
- 12 strips.
- 12 cups rice white cooked

- 1 teaspoon thyme dried
- 0.7 cup flour all-purpose
- 0.8 cup parsley fresh finely chopped
- 4 garlic clove thinly sliced
- 0.5 teaspoon ground allspice
- 1 pound andouille sausage cooked sliced
- 10 oz okra frozen thawed
- 2 onion red sliced
- 2 teaspoons salt
- 0.5 cup spring onion minced
- 6 oz canned tomatoes canned
- 0.3 cup vegetable oil
- 2 tablespoons vinegar white to taste
- 1 large bell pepper yellow seeded chopped

Equipment

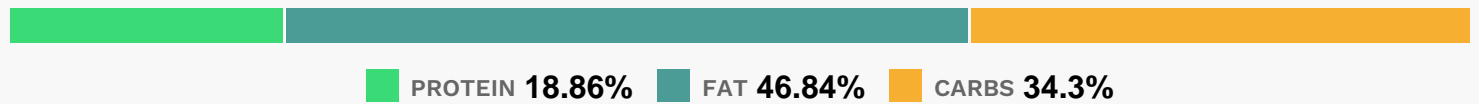
- bowl
- whisk
- dutch oven

Directions

- In a large bowl, stir together onions, okra, bell pepper, celery, 1/4 cup parsley, garlic, bay leaves, salt, thyme, cayenne, black pepper and allspice. Set aside.
- In a large Dutch oven, cook chicken in batches over medium heat until browned, about 5 minutes a side; transfer to a large bowl. Cook sausage in Dutch oven over medium heat, stirring constantly until lightly browned, about 6 minutes; transfer to bowl with chicken.
- Pour fat from Dutch oven into a glass measure and add enough vegetable oil to equal 2/3 cup.
- Pour into Dutch oven and heat over medium-low heat, scraping up any browned bits. Gradually whisk in flour and cook, stirring frequently, until it is a very dark, rich brown, about 30 minutes; be careful not to burn it.

- Add broth all at once and scrape up any browned bits. In another bowl, blend tomato paste with 2 cups water and stir into broth with chopped tomatoes.
- Add reserved vegetables, chicken and sausage. Bring to a boil over high heat; reduce heat to low and simmer for 1 hour, until thickened.
- Stir in remaining 1/2 cup parsley, scallion greens and vinegar and cook, stirring, for 5 minutes.
- Remove Dutch oven from heat, cover and let stand for 10 minutes. Discard bay leaves.
- Serve gumbo on top of rice in bowls.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:79.42, Inflammation Score:-9, Nutrition Score:41.436087152232%

Flavonoids

Apigenin: 12.7mg, Apigenin: 12.7mg, Apigenin: 12.7mg, Apigenin: 12.7mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 14.29mg, Quercetin: 14.29mg, Quercetin: 14.29mg, Quercetin: 14.29mg

Nutrients (% of daily need)

Calories: 1048.53kcal (52.43%), Fat: 54.23g (83.44%), Saturated Fat: 14.29g (89.29%), Carbohydrates: 89.33g (29.78%), Net Carbohydrates: 84.48g (30.72%), Sugar: 5.84g (6.49%), Cholesterol: 218.4mg (72.8%), Sodium: 1953.72mg (84.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.14g (98.28%), Vitamin K: 147.89µg (140.85%), Selenium: 66.48µg (94.97%), Manganese: 1.84mg (92.03%), Vitamin C: 69.48mg (84.22%), Vitamin B3: 14.71mg (73.56%), Vitamin B6: 1.2mg (60.13%), Phosphorus: 538.28mg (53.83%), Vitamin B1: 0.58mg (38.83%), Zinc: 5.43mg (36.22%), Vitamin B2: 0.61mg (35.86%), Vitamin B5: 3.48mg (34.85%), Potassium: 1135.61mg (32.45%), Magnesium: 117.19mg (29.3%), Vitamin B12: 1.68µg (27.93%), Iron: 4.77mg (26.51%), Vitamin A: 1301.98IU (26.04%), Copper: 0.51mg (25.55%), Folate: 91.62µg (22.91%), Fiber: 4.85g (19.4%), Vitamin E: 2.7mg (18.02%), Calcium: 139.98mg (14%), Vitamin D: 0.96µg (6.42%)