



WHATSheATE



Chicken and Sausage Gumbo

READY IN



30 min.

SERVINGS



6

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces andouille sausage finely chopped
- ☐ 3 cups brown rice
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon creole seasoning salt-free
- ☐ 14.5 ounce canned tomatoes whole crushed drained canned
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup celery thinly sliced
- ☐ 3 cups chicken stock see (such as Swanson)
- ☐ 0.3 cup flour all-purpose

- ☐ 5 garlic clove minced
- ☐ 0.8 cup bell pepper green chopped (1 medium)
- ☐ 1 cup okra frozen
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces chicken thighs boneless skinless cut into bite-sized pieces

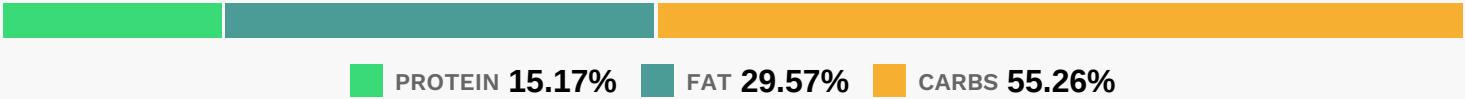
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add sausage to pan; saut for 5 minutes, turning to brown on all sides.
- ☐ Remove sausage from pan using a slotted spoon, and drain on paper towels. Melt butter in drippings in pan.
- ☐ Add oil to pan; swirl. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Stir flour into butter mixture; cook 3 minutes or until flour mixture starts to brown, stirring constantly with a whisk.
- ☐ Add chicken; saut 4 minutes, stirring frequently.
- ☐ Add onion and next 5 ingredients (through garlic) to pan; saut for 6 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add stock and tomatoes to pan; bring to a boil. Return sausage to pan; stir in okra. Reduce heat, and simmer 6 minutes, stirring occasionally.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:47.03, Inflammation Score:-8, Nutrition Score:29.570869259212%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 673.58kcal (33.68%), Fat: 22.22g (34.19%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 93.44g (31.15%), Net Carbohydrates: 87.01g (31.64%), Sugar: 7.29g (8.1%), Cholesterol: 73.92mg (24.64%), Sodium: 764.38mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Manganese: 3.99mg (199.61%), Vitamin B3: 11.49mg (57.44%), Vitamin B6: 1.05mg (52.67%), Vitamin B1: 0.71mg (47.52%), Magnesium: 186.05mg (46.51%), Phosphorus: 456.58mg (45.66%), Vitamin C: 29mg (35.15%), Selenium: 20.58µg (29.39%), Copper: 0.56mg (27.96%), Potassium: 949.54mg (27.13%), Fiber: 6.44g (25.75%), Zinc: 3.82mg (25.47%), Vitamin B5: 2.43mg (24.31%), Iron: 4.17mg (23.15%), Vitamin B2: 0.37mg (21.69%), Vitamin K: 18.52µg (17.64%), Folate: 69.47µg (17.37%), Vitamin A: 861.76IU (17.24%), Vitamin E: 2.54mg (16.91%), Calcium: 97.27mg (9.73%), Vitamin B12: 0.53µg (8.79%), Vitamin D: 0.4µg (2.65%)