



## Chicken-and-Sausage Gumbo

 Dairy Free

READY IN



235 min.

SERVINGS



6

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound andouille sausage cut into 1/4-inch-thick slices
- ☐ 2 bay leaves
- ☐ 2 rib celery stalks sliced
- ☐ 4 chicken breast bone-in
- ☐ 6 servings rice hot cooked
- ☐ 2 teaspoons creole seasoning
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.8 cup flour all-purpose

- ☐ 3 garlic clove minced
- ☐ 0.5 bell pepper green chopped
- ☐ 4 spring onion sliced
- ☐ 6 servings spring onion chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 medium onion chopped
- ☐ 6 servings vegetable oil
- ☐ 2 quarts water hot
- ☐ 1 tablespoon worcestershire sauce

## Equipment

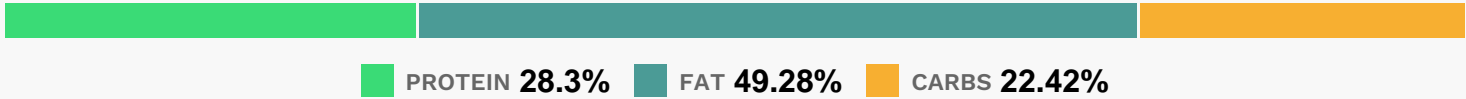
- ☐ paper towels
- ☐ dutch oven

## Directions

- ☐ Cook sausage in a Dutch oven over medium heat, stirring constantly, 5 minutes or until browned.
- ☐ Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.
- ☐ Cook chicken in reserved drippings in Dutch oven over medium heat 5 minutes or until browned.
- ☐ Remove to paper towels, reserving drippings in Dutch oven. Set chicken aside.
- ☐ Add enough oil to drippings in Dutch oven to measure 1/2 cup.
- ☐ Add flour, and cook over medium heat, stirring constantly, 20 to 25 minutes, or until roux is chocolate colored.
- ☐ Stir in onion, bell pepper, and celery; cook, stirring often, 8 minutes or until tender. Gradually add 2 quarts hot water, and bring mixture to a boil; add chicken, garlic, and next 5 ingredients. Reduce heat to low, and simmer, stirring occasionally, 1 hour.
- ☐ Remove chicken; let cool.
- ☐ Add sausage to gumbo; cook 30 minutes. Stir in green onions; cook for 30 more minutes.
- ☐ Bone chicken, and cut meat into strips; return chicken to gumbo, and simmer 5 minutes.

- ☐ Remove and discard bay leaves.
- ☐ Remove gumbo from heat.
- ☐ Sprinkle with fil powder, if desired.
- ☐ Serve over hot cooked rice.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:63.17, Glycemic Load:33.36, Inflammation Score:-7, Nutrition Score:30.019130665323%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

## Nutrients (% of daily need)

Calories: 721.54kcal (36.08%), Fat: 39.03g (60.05%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 38.12g (13.86%), Sugar: 2.62g (2.92%), Cholesterol: 161.44mg (53.81%), Sodium: 856.71mg (37.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.44g (100.89%), Vitamin B3: 21.82mg (109.09%), Selenium: 75.55µg (107.93%), Vitamin B6: 1.45mg (72.29%), Vitamin K: 58.01µg (55.24%), Phosphorus: 498.64mg (49.86%), Vitamin B5: 3.12mg (31.24%), Manganese: 0.61mg (30.61%), Vitamin B1: 0.46mg (30.53%), Potassium: 987.45mg (28.21%), Vitamin B2: 0.4mg (23.68%), Zinc: 3.4mg (22.66%), Magnesium: 75mg (18.75%), Vitamin C: 15.43mg (18.71%), Vitamin B12: 1.04µg (17.37%), Iron: 2.98mg (16.54%), Vitamin E: 2.48mg (16.53%), Folate: 52.59µg (13.15%), Copper: 0.26mg (13.04%), Vitamin A: 539.87IU (10.8%), Vitamin D: 1.21µg (8.06%), Fiber: 1.84g (7.36%), Calcium: 58.08mg (5.81%)