



Chicken and Sausage Gumbo with Corn Dumplings

READY IN



40 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 38 oz filé powder traditional canned
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon butter softened
- ☐ 1 eggs

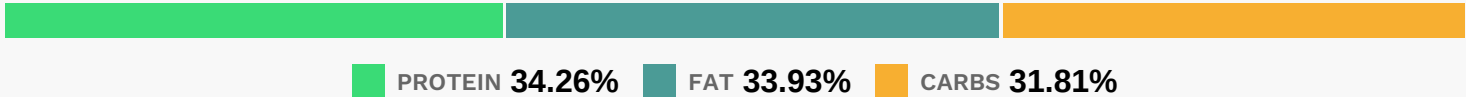
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ In 12-inch nonstick skillet, melt 2 teaspoons butter over medium-high heat.
- ☐ Add chicken; cook 5 to 6 minutes, turning once, until evenly browned.
- ☐ Pour soup over chicken; heat to boiling. Reduce heat to low; move chicken to one side of skillet.
- ☐ In medium bowl, mix cornbread mix, milk, 1 tablespoon butter and egg until well mixed. Drop batter by 8 rounded tablespoonfuls onto hot soup mixture.
- ☐ Cover; cook over low heat 18 to 22 minutes or until toothpick inserted in center of dumplings comes out clean.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:19.594782663428%

Nutrients (% of daily need)

Calories: 417.53kcal (20.88%), Fat: 15.41g (23.7%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 29.51g (10.73%), Sugar: 9.77g (10.86%), Cholesterol: 133.46mg (44.49%), Sodium: 615.85mg (26.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35g (70.01%), Vitamin B3: 16.34mg (81.71%), Selenium: 51.46µg (73.51%), Vitamin B6: 1.14mg (57.22%), Phosphorus: 553.68mg (55.37%), Vitamin B5: 2.44mg (24.43%), Vitamin B1: 0.3mg (19.78%), Vitamin B2: 0.33mg (19.41%), Potassium: 605.47mg (17.3%), Folate: 53.74µg (13.44%), Magnesium: 50.31mg (12.58%), Fiber: 2.99g (11.98%), Iron: 1.87mg (10.38%), Manganese: 0.17mg (8.49%), Zinc: 1.26mg (8.38%), Vitamin B12: 0.47µg (7.82%), Vitamin A: 381.67IU (7.63%), Calcium: 50.53mg (5.05%), Vitamin E: 0.65mg (4.32%), Copper: 0.09mg (4.27%), Vitamin D: 0.44µg (2.96%), Vitamin K: 2.64µg (2.52%), Vitamin C: 1.76mg (2.13%)