



Chicken-and-Shrimp Gumbo

 Dairy Free

READY IN



190 min.

SERVINGS



45

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound andouille sausage cut into 1/4-inch-thick slices
- ☐ 2 teaspoons cajun spice
- ☐ 1 cup celery thinly sliced
- ☐ 2 pounds chicken breast
- ☐ 48 oz chicken broth
- ☐ 0.8 cup flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 1 large onion coarsely chopped

- ☐ 45 servings parsley fresh crumbled cooked chopped
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 45 servings potatoes
- ☐ 0.5 lb shrimp raw deveined peeled ()
- ☐ 1 bell pepper red coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook sausage in a large skillet over medium heat, stirring often, 7 minutes or until browned.
- ☐ Remove sausage; drain and pat dry with paper towels.
- ☐ Heat oil in a stainless-steel Dutch oven over medium heat; gradually whisk in flour, and cook, whisking constantly, 18 to 20 minutes or until flour is caramel-colored. (Do not burn mixture.) Reduce heat to low, and cook, whisking constantly, until mixture is milk chocolate-colored and texture is smooth (about 2 minutes).
- ☐ Increase heat to medium. Stir in onion, next 4 ingredients, and, if desired, ground red pepper. Cook, stirring constantly, 3 minutes. Gradually stir in chicken broth; add chicken and sausage. Increase heat to medium-high, and bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 1 hour and 30 minutes to 1 hour and 40 minutes or until chicken is done. Shred chicken into large pieces using 2 forks.
- ☐ Stir in shrimp; cook 5 minutes or just until shrimp turn pink.
- ☐ Place Roasted Potatoes in serving bowls. Spoon gumbo over potatoes.
- ☐ Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:7.26, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:7.8495652209158%

Flavonoids

Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 77.96kcal (3.9%), Fat: 3.94g (6.06%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.58g (0.64%), Cholesterol: 28.53mg (9.51%), Sodium: 250.61mg (10.9%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.48g (14.96%), Vitamin K: 66.56µg (63.39%), Selenium: 10.92µg (15.59%), Vitamin B3: 3.11mg (15.54%), Vitamin C: 9.5mg (11.52%), Vitamin B6: 0.2mg (10.16%), Vitamin A: 493.57IU (9.87%), Phosphorus: 78.68mg (7.87%), Potassium: 167.64mg (4.79%), Vitamin B1: 0.07mg (4.71%), Vitamin B2: 0.08mg (4.51%), Vitamin B5: 0.43mg (4.28%), Folate: 14.62µg (3.66%), Iron: 0.62mg (3.47%), Zinc: 0.51mg (3.43%), Vitamin B12: 0.2µg (3.35%), Magnesium: 12.04mg (3.01%), Manganese: 0.05mg (2.71%), Vitamin E: 0.39mg (2.59%), Copper: 0.04mg (2%), Fiber: 0.39g (1.57%), Calcium: 14.09mg (1.41%), Vitamin D: 0.17µg (1.11%)