



Chicken and Smoked-Sausage Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1.8 cups canned tomatoes thick canned crushed one 15-ounce can
- ☐ 0.3 teaspoon cayenne
- ☐ 2 ribs celery chopped
- ☐ 1 quart chicken broth low-sodium homemade canned
- ☐ 3 tablespoons cooking oil
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 3 tablespoons flour

- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 10 ounces okra frozen sliced
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.8 cup rice long-grain
- ☐ 2 teaspoons salt
- ☐ 1 pound chicken breasts boneless skinless cut into 3/4-inch pieces
- ☐ 0.5 pound sausage smoked halved lengthwise

Equipment

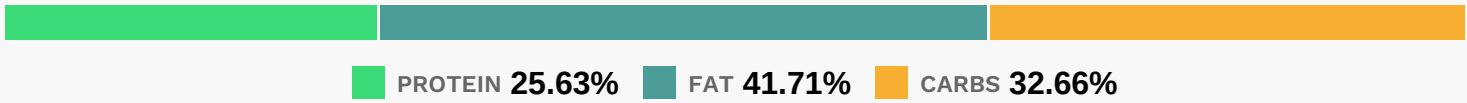
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large stainless-steel pot, heat the oil over moderate heat.
- ☐ Whisk in the flour and cook, whisking, until starting to brown, about 4 minutes. Reduce the heat to moderately low. Stir in the onion, celery, and bell pepper and cook until starting to soften, about 7 minutes.
- ☐ Add the okra, bay leaf, thyme, oregano, salt, black pepper, cayenne, and tomatoes. Cover and cook for 5 minutes.
- ☐ Stir in the broth and the smoked sausage. Bring to a boil. Reduce the heat and simmer for 15 minutes.
- ☐ Add the chicken and cook until just done, 4 to 5 minutes longer.
- ☐ Remove the bay leaf.
- ☐ Meanwhile, bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes.
- ☐ Drain. Put a mound of rice in the center of each bowl. Ladle the gumbo around the rice.

Wine Recommendation: No region of the wine world is producing more exciting wine bargains than the Languedoc–Roussillon in southern France. Try any one of their sturdy reds with this hearty gumbo.

Nutrition Facts



Properties

Glycemic Index:86.05, Glycemic Load:23.71, Inflammation Score:-9, Nutrition Score:37.656086838764%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.18mg, Quercetin: 21.18mg, Quercetin: 21.18mg, Quercetin: 21.18mg

Nutrients (% of daily need)

Calories: 657.86kcal (32.89%), Fat: 30.82g (47.42%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 47.68g (17.34%), Sugar: 8.26g (9.18%), Cholesterol: 112.83mg (37.61%), Sodium: 2011.02mg (87.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.61g (85.23%), Vitamin B3: 20.08mg (100.41%), Selenium: 52.27µg (74.67%), Vitamin B6: 1.47mg (73.28%), Manganese: 1.38mg (68.81%), Vitamin C: 54.28mg (65.8%), Phosphorus: 513.67mg (51.37%), Vitamin K: 53.57µg (51.02%), Potassium: 1456.35mg (41.61%), Vitamin B1: 0.55mg (36.45%), Magnesium: 120.7mg (30.17%), Copper: 0.59mg (29.38%), Vitamin B5: 2.83mg (28.29%), Vitamin B2: 0.46mg (26.82%), Fiber: 6.6g (26.4%), Iron: 4.73mg (26.26%), Vitamin E: 3.94mg (26.25%), Folate: 93.97µg (23.49%), Zinc: 3.36mg (22.41%), Vitamin B12: 1.32µg (21.99%), Vitamin A: 1046.53IU (20.93%), Calcium: 157.81mg (15.78%), Vitamin D: 0.74µg (4.91%)