



## Chicken, Andouille, and Oyster Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound andouille sausage
- ☐ 2 bay leaves
- ☐ 1 cup celery chopped
- ☐ 10 cups chicken broth
- ☐ 3 pounds cornish game hens cut into frying pieces
- ☐ 1 cup flour all-purpose
- ☐ 1 cup bell pepper green chopped
- ☐ 2.5 cups onion chopped

- ☐ 8 servings ground pepper
- ☐ 1 pint dozens oysters with the liquor
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup vegetable oil

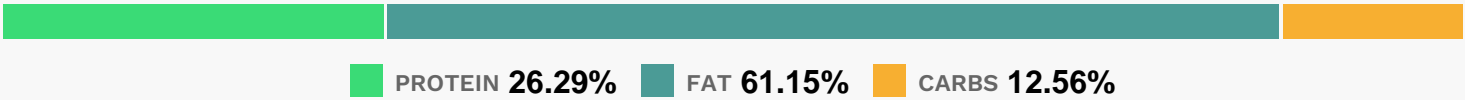
## Equipment

- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Season the hen generously with salt and cayenne pepper.
- ☐ Combine the oil and flour in a large, heavy pot or Dutch oven over medium heat. Stirring slowly and constantly, make a roux the color of chocolate. (When I attempted to make my first roux years ago, I remember calling Papa and asking him how long it would take, and he told me "the time it takes to drink two beers." Not being a beer drinker, I had to come up with my own system. I now put on two record albums, and when they have played out my roux is usually just about right.)
- ☐ Add the onions, bell peppers, and celery, and cook, stirring, until they are soft, 10 to 12 minutes.
- ☐ Add the chicken broth. (I usually warm it up in a pot just a bit before adding it to the roux mixture.) Stir to blend, and bring to a gentle boil.
- ☐ Add the chicken. (There are those who will tell you to brown the chicken first, but I put it in raw.)
- ☐ Add the bay leaves and thyme, and cook at a gentle boil for 1 hour.
- ☐ Add the andouille and cook, stirring occasionally, until the chicken is very tender, an hour to an hour and a half longer.
- ☐ A few minutes before serving, add the oysters and simmer just until the oysters curl, about three minutes. Adjust seasoning to taste. (If the gumbo becomes too thick during cooking, simply add more chicken broth or water.)
- ☐ Reprinted with permission from Who's Your Mama, Are You Catholic, and Can You Make a Roux? by Marcelle Bienvenu. © 2006 Acadian House Publishers

## Nutrition Facts



## Properties

Glycemic Index:27.63, Glycemic Load:9.96, Inflammation Score:-8, Nutrition Score:25.669130180193%

## Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

## Nutrients (% of daily need)

Calories: 682.22kcal (34.11%), Fat: 46.04g (70.84%), Saturated Fat: 12.65g (79.05%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 18.91g (6.88%), Sugar: 4.9g (5.45%), Cholesterol: 228.8mg (76.27%), Sodium: 1673.72mg (72.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.54g (89.08%), Vitamin B3: 15.11mg (75.54%), Selenium: 39.92µg (57.03%), Zinc: 6.16mg (41.09%), Vitamin B2: 0.69mg (40.57%), Vitamin B6: 0.78mg (39.1%), Phosphorus: 384.26mg (38.43%), Vitamin B1: 0.5mg (33.17%), Vitamin B12: 1.69µg (28.22%), Vitamin C: 21.66mg (26.25%), Potassium: 853.75mg (24.39%), Vitamin A: 1181.71IU (23.63%), Manganese: 0.43mg (21.68%), Copper: 0.4mg (20.19%), Vitamin K: 21.09µg (20.09%), Iron: 3.59mg (19.96%), Vitamin B5: 1.67mg (16.66%), Vitamin E: 2.32mg (15.46%), Magnesium: 58.65mg (14.66%), Folate: 52.81µg (13.2%), Fiber: 2.36g (9.43%), Calcium: 63.48mg (6.35%), Vitamin D: 0.79µg (5.29%)