



Chicken Andouille Gumbo

 Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausage sliced
- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes whole italian-style peeled canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 stalks celery chopped
- ☐ 3 pounds chicken parts
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried

- ☐ 1 teaspoon filé powder
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1.5 pounds okra
- ☐ 2 teaspoons salt
- ☐ 0.5 cup vegetable oil
- ☐ 12 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ dutch oven
- ☐ tongs

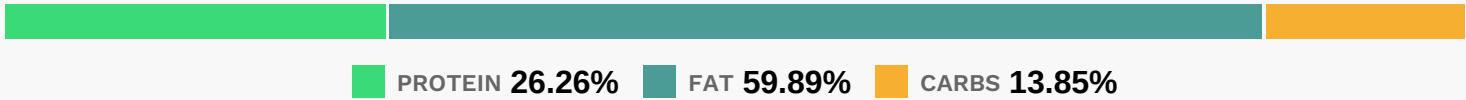
Directions

- ☐ Combine water and chicken in large pot. Bring to boil. Reduce heat and simmer until chicken is tender, about 1 hour. Using tongs, transfer chicken to strainer and cool, saving cooking liquid.
- ☐ Remove meat from bones in pieces.
- ☐ Heat 2 tablespoons oil in heavy skillet over medium heat.
- ☐ Add okra and cook until no longer sticky, stirring frequently, about 20 minutes; set aside.
- ☐ Stir flour and remaining 1/2 cup oil in heavy large Dutch oven. Cook over medium heat until deep golden brown, stirring frequently, about 6 minutes.
- ☐ Add 4 cups reserved chicken cooking broth, okra, andouille sausage, tomatoes with their juices, bell pepper, celery, garlic, bay leaf, salt, thyme, basil, cayenne, and pepper. Cover

partially and simmer until thickened, about 1 1/2 hours.

- ☐
- Spoon off any fat from surface of gumbo.
- ☐
- Add chicken and file powder to gumbo and simmer gently 15 minutes. (If preparing ahead, cover and refrigerate. Bring to simmer before serving.) Mound rice in shallow bowls if desired. Ladle gumbo over and serve.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:5.68, Inflammation Score:-8, Nutrition Score:27.751739087312%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.71mg, Quercetin: 18.71mg, Quercetin: 18.71mg

Nutrients (% of daily need)

Calories: 538kcal (26.9%), Fat: 36.05g (55.46%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 14.18g (5.16%), Sugar: 4.79g (5.32%), Cholesterol: 135.51mg (45.17%), Sodium: 1298.47mg (56.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.57g (71.13%), Vitamin B3: 13.5mg (67.5%), Vitamin C: 43.4mg (52.61%), Manganese: 0.93mg (46.36%), Selenium: 31.93µg (45.61%), Vitamin B6: 0.87mg (43.56%), Vitamin K: 45.21µg (43.05%), Phosphorus: 341.94mg (34.19%), Vitamin B1: 0.5mg (33.64%), Potassium: 929.6mg (26.56%), Magnesium: 101.64mg (25.41%), Zinc: 3.7mg (24.64%), Vitamin B2: 0.4mg (23.43%), Vitamin A: 1122.07IU (22.44%), Iron: 3.98mg (22.1%), Folate: 86.94µg (21.74%), Vitamin B5: 1.87mg (18.71%), Fiber: 4.58g (18.33%), Copper: 0.35mg (17.45%), Vitamin B12: 0.91µg (15.24%), Vitamin E: 2.17mg (14.48%), Calcium: 144.09mg (14.41%), Vitamin D: 1.03µg (6.83%)