



Chicken-Andouille Gumbo with Roasted Potatoes

 Dairy Free

READY IN



190 min.

SERVINGS



45

CALORIES



189 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 skinned and boned chicken breasts
- 48 oz chicken broth
- 0.8 cup flour all-purpose
- 2 garlic cloves minced

- 1 large onion coarsely chopped
- 45 servings toppings: parsley fresh crumbled cooked chopped
- 0.5 cup vegetable oil; peanut oil preferred
- 45 servings roasted potatoes
- 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.
- Place Roasted Potatoes in serving bowls. Spoon gumbo over potatoes.
- Serve immediately with desired toppings.
- TRY THIS TWIST!
- Chicken-and-Shrimp Gumbo: Prepare recipe as directed through Step Stir in 1/2 to 3/4 lb. peeled and deveined, medium-size raw shrimp (3 1/40 count). Cook 5 minutes or just until shrimp turn pink.

Serve with Roasted Potatoes and desired toppings.

Nutrition Facts

PROTEIN 20.5% **FAT 18.93%** **CARBS 60.57%**

Properties

Glycemic Index:7.26, Glycemic Load:20.5, Inflammation Score:-5, Nutrition Score:14.837825998016%

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: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 189.11kcal (9.46%), Fat: 4.02g (6.19%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 25.28g (9.19%), Sugar: 1.74g (1.94%), Cholesterol: 22.18mg (7.39%), Sodium: 231.02mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin K: 69.37µg (66.07%), Vitamin C: 38.86mg (47.1%), Vitamin B6: 0.63mg (31.73%), Vitamin B3: 4.59mg (22.94%), Potassium: 789.24mg (22.55%), Phosphorus: 151.31mg (15.13%), Fiber: 3.67g (14.68%), Selenium: 9.87µg (14.1%), Manganese: 0.28mg (14.04%), Vitamin B1: 0.19mg (12.59%), Magnesium: 45.2mg (11.3%), Iron: 1.78mg (9.86%), Vitamin A: 487.48IU (9.75%), Copper: 0.19mg (9.58%), Folate: 37.51µg (9.38%), Vitamin B5: 0.85mg (8.53%), Vitamin B2: 0.12mg (7.27%), Zinc: 0.9mg (5.99%), Calcium: 29.25mg (2.93%), Vitamin B12: 0.15µg (2.42%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.16µg (1.08%)