



## Chicken Fricassee

 Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce andouille sausage sliced
- 2 tablespoons cajun spice
- 2 teaspoons cayenne pepper
- 5 stalks celery chopped
- 12 chicken thighs
- 1 cup flour all-purpose
- 1 teaspoon garlic minced
- 5 green onions chopped

- 2 teaspoons ground pepper black
- 1 onion chopped
- 2 teaspoons salt
- 1 cup vegetable oil
- 8 cups water

## Equipment

- frying pan
- sauce pan
- pot

## Directions

- Saute chicken and sausage in a large skillet for 4 to 5 minutes.
- Remove meat from skillet, add green onions and onion and saute until soft. Set aside.
- To Make Roux: In a small saucepan stir together oil and flour over low heat; cook until color is caramel and mixture is reduced to 1 cup of roux. Set aside.
- Put water in a large pot.
- Add the chicken, sausage, onion mixture, celery, seasoning, cayenne pepper, salt, ground black pepper and garlic. Bring all to a boil and cook for 20 minutes.
- Add 1/2 cup roux and stir together; the mixture should have the consistency of chowder. If necessary, add the remaining 1/2 cup roux.
- Reduce heat to medium low and simmer uncovered for 2 hours, stirring occasionally.
- Serve hot over rice, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.92, Glycemic Load:6.22, Inflammation Score:-7, Nutrition Score:17.234782550646%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## **Nutrients (% of daily need)**

Calories: 514.94kcal (25.75%), Fat: 38.19g (58.76%), Saturated Fat: 10.69g (66.81%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 10.45g (3.8%), Sugar: 1.53g (1.7%), Cholesterol: 159.5mg (53.17%), Sodium: 959.72mg (41.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.96%), Selenium: 36.7µg (52.42%), Vitamin B3: 9.57mg (47.87%), Phosphorus: 288.33mg (28.83%), Vitamin B6: 0.57mg (28.32%), Vitamin K: 26.11µg (24.87%), Vitamin B1: 0.33mg (21.79%), Vitamin B12: 1.28µg (21.31%), Zinc: 3.01mg (20.09%), Vitamin B2: 0.33mg (19.69%), Vitamin A: 951.43IU (19.03%), Vitamin B5: 1.7mg (16.96%), Potassium: 546.05mg (15.6%), Iron: 2.36mg (13.11%), Vitamin E: 1.57mg (10.45%), Magnesium: 41.39mg (10.35%), Manganese: 0.2mg (10.09%), Folate: 34.95µg (8.74%), Copper: 0.17mg (8.34%), Vitamin D: 0.91µg (6.05%), Fiber: 1.42g (5.68%), Calcium: 38.15mg (3.81%), Vitamin C: 2.48mg (3%)