



Chicken Gumbo

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound baking hen
- 1 cup celery chopped
- 6 servings rice hot cooked
- 0.3 cup parsley fresh chopped
- 1 medium size bell pepper green chopped
- 4 cups okra sliced
- 2 large onions chopped
- 0.5 teaspoon pepper

- 1 tablespoon salt
- 0.5 cup salt pork drippings
- 8 medium tomatoes peeled quartered
- 2 quarts water

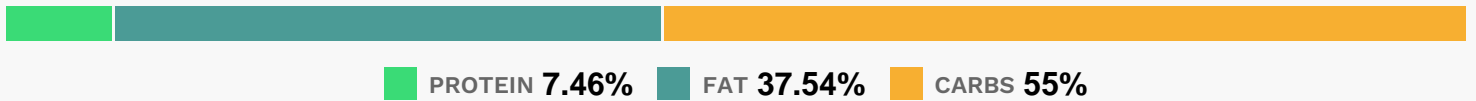
Equipment

- dutch oven

Directions

- Brown chicken in drippings in a large Dutch oven.
- Remove chicken, and set aside. Reserve drippings in Dutch oven.
- Add onion, green pepper, okra, celery, and parsley to Dutch oven; cook over low heat 30 minutes, stirring frequently. Return chicken to Dutch oven.
- Add water, tomatoes, salt, and pepper, stirring well. Simmer, uncovered, 2 1/2 hours or until chicken is tender.
- Remove chicken from gumbo; bone and chop meat. Return meat to gumbo, stirring well. Cook until thoroughly heated.
- Serve gumbo over rice.
- Add a small amount of fil powder to each serving, if desired.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:27.7, Inflammation Score:-10, Nutrition Score:53.889999840571%

Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 25.59mg, Quercetin: 25.59mg, Quercetin: 25.59mg, Quercetin: 25.59mg

Nutrients (% of daily need)

Calories: 1688.05kcal (84.4%), Fat: 70.19g (107.99%), Saturated Fat: 20.48g (128.02%), Carbohydrates: 231.37g (77.12%), Net Carbohydrates: 219.02g (79.64%), Sugar: 43.41g (48.24%), Cholesterol: 30.41mg (10.14%), Sodium: 5828.69mg (253.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.81%), Phosphorus: 1921.96mg (192.2%), Vitamin B1: 2.05mg (136.64%), Folate: 466.62µg (116.65%), Manganese: 2.25mg (112.45%), Vitamin K: 101.35µg (96.52%), Vitamin B2: 1.45mg (85.39%), Vitamin B3: 16.39mg (81.96%), Vitamin C: 62.2mg (75.4%), Calcium: 656.54mg (65.65%), Iron: 9.9mg (55.01%), Fiber: 12.35g (49.4%), Selenium: 31.05µg (44.35%), Vitamin A: 2217.03IU (44.34%), Copper: 0.8mg (39.98%), Magnesium: 156.66mg (39.16%), Potassium: 1295.05mg (37%), Vitamin B6: 0.72mg (36.01%), Vitamin B5: 3.48mg (34.84%), Zinc: 3.32mg (22.12%), Vitamin B12: 1.26µg (21.03%), Vitamin E: 1.64mg (10.93%)