



Chicken Gumbo

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon cajun spice
- ☐ 2.5 tablespoons canola oil
- ☐ 0.5 cup celery chopped
- ☐ 2 chicken breast halves bone-in
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 garlic clove minced

- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1 cup okra frozen thawed sliced
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 2 cups water

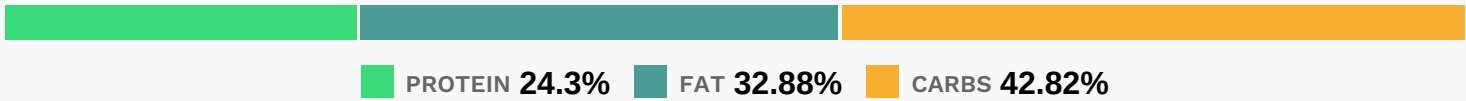
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook rice and bay leaf according to rice package directions, omitting salt and fat; drain. Discard bay leaf.
- ☐ Heat a saucepan over medium-high heat, and coat pan with cooking spray.
- ☐ Sprinkle chicken with salt and black pepper. Saut chicken in pan for 5 minutes.
- ☐ Add broth and 2 cups water; bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Remove chicken; shred. Reserve cooking liquid.
- ☐ Cook flour and oil in a cast-iron skillet 15 minutes over medium heat, stirring constantly.
- ☐ Add onion, bell pepper, 1/2 cup celery, and garlic; cook for 4 minutes.
- ☐ Add cooking liquid, chicken, okra, Cajun seasoning, and hot sauce. Cook for 3 minutes.
- ☐ Serve over rice; sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:86.55, Glycemic Load:16.33, Inflammation Score:-7, Nutrition Score:15.619130476661%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg

Nutrients (% of daily need)

Calories: 290.93kcal (14.55%), Fat: 10.62g (16.34%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 28.46g (10.35%), Sugar: 2.53g (2.82%), Cholesterol: 36.16mg (12.05%), Sodium: 460.02mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Vitamin B3: 7.11mg (35.57%), Vitamin K: 37.09µg (35.32%), Selenium: 24.29µg (34.7%), Manganese: 0.64mg (31.82%), Vitamin C: 26.02mg (31.53%), Vitamin B6: 0.63mg (31.4%), Potassium: 701.46mg (20.04%), Phosphorus: 189.23mg (18.92%), Vitamin E: 1.97mg (13.11%), Vitamin B5: 1.25mg (12.48%), Vitamin B1: 0.18mg (12.13%), Folate: 47.21µg (11.8%), Magnesium: 46.37mg (11.59%), Fiber: 2.66g (10.65%), Vitamin A: 531.07IU (10.62%), Vitamin B2: 0.14mg (8.42%), Copper: 0.17mg (8.27%), Iron: 1.19mg (6.61%), Zinc: 0.94mg (6.27%), Calcium: 57.28mg (5.73%), Vitamin B12: 0.11µg (1.88%)