



WHATSheATE



Chicken Gumbo (Makeover)

 Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 1 serving water for on rice package
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon vegetable oil
- ☐ 3 lb irish oats whole skinless
- ☐ 1 cup onion chopped (1 large)
- ☐ 1 cup bell pepper green chopped (1 medium)
- ☐ 1 cup celery chopped (2 medium stalks)

- ☐ 3 cloves garlic powder finely chopped
- ☐ 2 bay leaves dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 teaspoons browning sauce
- ☐ 1 teaspoon sauce of the chicken from the turbo broiler
- ☐ 1.5 cups okra frozen thawed (from 16-oz bag)
- ☐ 1 tablespoon parsley fresh chopped

Equipment

- ☐ pot
- ☐ dutch oven

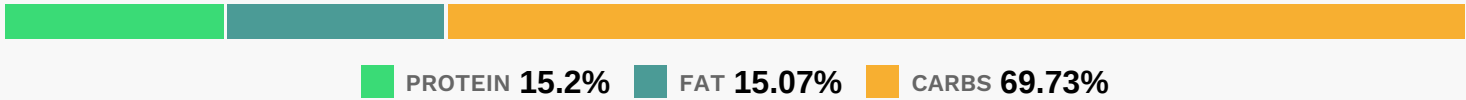
Directions

- ☐ Cook rice in water as directed on package, omitting butter and salt; keep warm.
- ☐ Meanwhile, in 8-quart stockpot or Dutch oven, stir flour constantly over medium-low heat until flour is deep brown.
- ☐ Remove from stockpot; set aside.
- ☐ In same stockpot, heat oil over medium heat.
- ☐ Add chicken pieces, onions, bell pepper, celery, garlic, bay leaves, thyme, salt and pepper; cook 8 to 10 minutes, turning chicken pieces and stirring frequently, until chicken is browned and vegetables are tender.
- ☐ Stir in browned flour, tomatoes, broth, browning sauce and pepper sauce until well mixed.
- ☐ Heat to boiling. Reduce heat; cover and simmer 50 minutes. Stir in okra; cover and simmer 20 minutes longer.
- ☐ Remove chicken from stockpot; cool about 10 minutes or just until cool enough to handle.
- ☐ Remove bones from chicken; discard bones.

- ☐
- Cut chicken into bite-size pieces; return to stockpot. Cook until thoroughly heated.

☐☐

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:71.62, Inflammation Score:-7, Nutrition Score:18.279130642181%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 843.53kcal (42.18%), Fat: 14.35g (22.07%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 149.39g (49.8%), Net Carbohydrates: 126.7g (46.07%), Sugar: 6.64g (7.38%), Cholesterol: 1.03mg (0.34%), Sodium: 649.89mg (28.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.13%), Fiber: 22.69g (90.76%), Iron: 9.28mg (51.58%), Vitamin C: 31.37mg (38.02%), Manganese: 0.75mg (37.34%), Vitamin K: 27.86µg (26.54%), Calcium: 159.2mg (15.92%), Vitamin B6: 0.31mg (15.69%), Copper: 0.31mg (15.36%), Vitamin B1: 0.22mg (15%), Potassium: 496.23mg (14.18%), Folate: 51.62µg (12.9%), Vitamin B3: 2.51mg (12.56%), Magnesium: 45.28mg (11.32%), Vitamin E: 1.6mg (10.63%), Vitamin A: 530.83IU (10.62%), Selenium: 7.32µg (10.46%), Vitamin B2: 0.16mg (9.61%), Phosphorus: 95.16mg (9.52%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.82mg (5.47%)