



Chicken Gumbo Soup

 Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots sliced thin
- 1 chicken breast boneless skinless cut into cubes
- 4 ounces mushrooms fresh
- 1 teaspoon garlic powder
- 3 spring onion thinly sliced
- 8 servings pepper black to taste
- 10 ounce okra frozen thawed sliced
- 1 tablespoon hot sauce hot

- 1.5 cups rotini pasta uncooked
- 8 servings salt to taste
- 8 cups water
- 0.3 cup rice wild uncooked

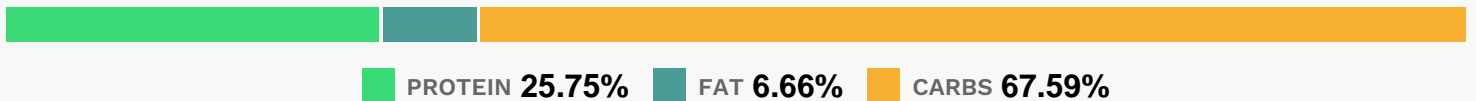
Equipment

- pot

Directions

- Bring the water to a boil.
- Add the garlic powder and the hot pepper sauce.
- Put the carrots and mushrooms into the pot of water. Cook for five minutes.
- Add the okra, wild rice, and chicken cubes. Turn heat to low, and cook for three hours.
- Add the spiral pasta, and cook for ten minutes.
- Add salt and pepper to taste.
- Serve hot, garnished with green onions.

Nutrition Facts



Properties

Glycemic Index:34.73, Glycemic Load:6.46, Inflammation Score:-9, Nutrition Score:11.627391311138%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 99.87kcal (4.99%), Fat: 0.76g (1.17%), Saturated Fat: 0.14g (0.91%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.85g (5.4%), Sugar: 2.09g (2.32%), Cholesterol: 9.04mg (3.01%), Sodium: 280.65mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin A: 2854.63IU (57.09%), Manganese: 0.5mg (25.22%), Vitamin K: 22.76µg (21.67%), Selenium: 13.47µg (19.25%), Vitamin B3: 3.05mg (15.25%), Vitamin C:

11.58mg (14.04%), Vitamin B6: 0.27mg (13.25%), Phosphorus: 115.27mg (11.53%), Magnesium: 45.6mg (11.4%), Fiber: 2.55g (10.21%), Copper: 0.2mg (9.93%), Folate: 37.08µg (9.27%), Potassium: 319.13mg (9.12%), Vitamin B1: 0.12mg (8.14%), Vitamin B2: 0.13mg (7.45%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.91mg (6.07%), Calcium: 49.96mg (5%), Iron: 0.74mg (4.11%), Vitamin E: 0.31mg (2.05%)