

Chicken Okra Sausage Gumbo

Pairy Free

READY IN

SERVINGS

CALORIES

O

165 min.

18

447 kcal

LUNCH

MAIN COURSE

MAIN DISH

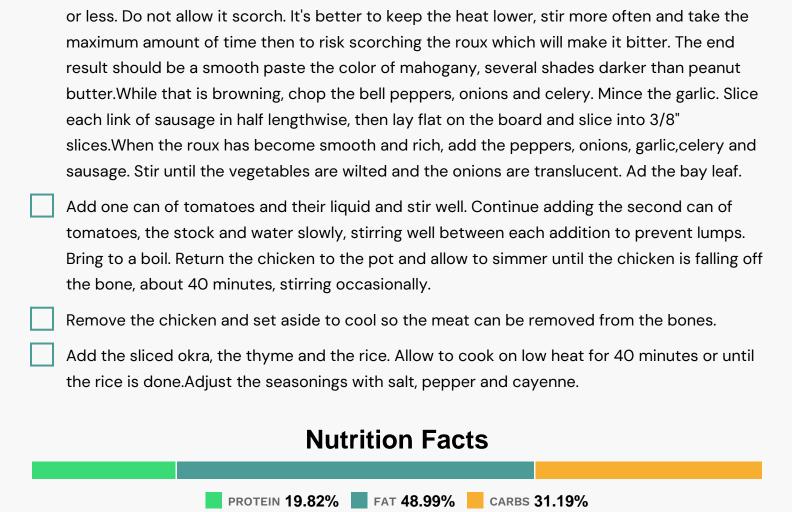
DINNER

Ingredients

2 teaspoons cajun spice

1 lb andouille sausage smoked fresh cut into bite sized pieces (if you have andouille, saute the links so they can be cut later)
0.5 cup add carrot and onion to bacon fat . cook diced (or 8 oz. bacon rendered down, reserve the browned bits)
2 bay leaves
1.5 cups bell pepper chopped
1 teaspoon pepper black
1 cup brown rice

	56 ounce canned tomatoes canned	
	1 cup celery chopped	
	4 lb chicken cut into pieces)	
	3 quarts chicken stock see	
	1.5 cups flour	
	1.5 teaspoons thyme sprigs fresh (or 10 -12 sprigs of thyme, 6-inch bundled)	
	4 large garlic clove minced	
	0.5 teaspoon garlic powder	
	2 lbs okra frozen chopped	
	0.5 cup olive oil	
	2 cups onion chopped	
	1 teaspoon salt	
	18 servings pepper black red to taste	
	2 cups water	
Eq	Juipment	
Ц	frying pan	
Ш	pot	
Directions		
	Place the salt, black pepper, Cajun seasoning, and garlic powder, with the flour in a 1 gallon zip type bag. Wash the chicken parts and dry well.	
	Sprinkle with more Cajun seasoning and allow to sit for 30 minutes at room temperature.(If you do not have bacon fat handy, use this time to render the fat from 1/2 pound of bacon.).In a large stock pot, about 12 quart, heat the olive oil and bacon fat.	
	Put the chicken into the bag with the seasoned flour and shake to coat. Drop the chicken into the pan and brown it until the outside is golden. Do it in two batches if necessary. Reserve the flour mixture remaining in the bag.	
	Remove the chicken and add the flour mixture from the bag to the oil. On low heat, stir the roux thoroughly. Allow it to simmer for 30–45 minutes, stirring thoroughly every 5–6 minutes	



Properties

Glycemic Index:25.21, Glycemic Load:13.41, Inflammation Score:-9, Nutrition Score:23.289130293805%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 14.24mg, Quercetin: 14.24mg, Quercetin: 14.24mg, Quercetin: 14.24mg

Nutrients (% of daily need)

Calories: 447kcal (22.35%), Fat: 24.61g (37.86%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 30.5g (11.09%), Sugar: 8.81g (9.78%), Cholesterol: 68.93mg (22.98%), Sodium: 731.58mg (31.81%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.4g (44.8%), Manganese: 1.12mg (56.21%), Vitamin B3: 10.17mg (50.85%), Vitamin C: 38.66mg (46.86%), Vitamin B6: 0.69mg (34.55%), Vitamin B1: 0.46mg (30.66%), Selenium: 20.33µg (29.04%), Phosphorus: 261.66mg (26.17%), Potassium: 871.18mg (24.89%), Vitamin K: 25.1µg (23.91%), Vitamin A: 1166.87IU (23.34%), Vitamin B2: 0.39mg (23.05%), Magnesium: 89.19mg (22.3%), Folate: 85.33µg (21.33%), Copper: 0.41mg (20.5%), Iron: 3.43mg (19.05%), Fiber: 4.76g (19.04%), Zinc: 2.39mg (15.95%), Vitamin E: 2.16mg (14.39%), Vitamin B5: 1.28mg (12.83%), Calcium: 100.25mg (10.02%), Vitamin B12: 0.4µg (6.62%),

Vitamin D: 0.61µg (4.09%)