



WHAT'SheATE



Chicken-Sausage Gumbo



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 cup celery chopped
- ☐ 2 cups chicken broth
- ☐ 4 cups roasted chicken cooked chopped
- ☐ 6 servings rice hot cooked
- ☐ 1 teaspoons creole seasoning
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 large garlic clove pressed

- ☐ 1 medium size bell pepper green chopped
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 pound andouille smoked cut into 1/2-inch-thick slices
- ☐ 1 tablespoons vegetable oil

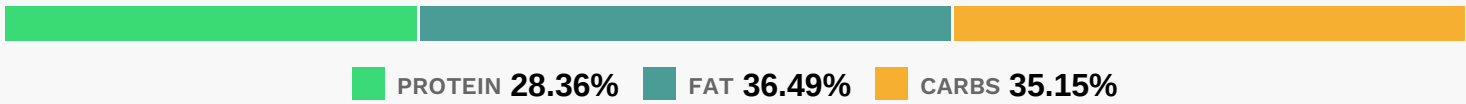
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook sausage over high heat in Dutch oven 5 minutes, stirring often.
- ☐ Remove sausage with a slotted spoon.
- ☐ Drain on paper towels.
- ☐ Add enough oil to drippings in Dutch oven to equal 3 tablespoons, and whisk in flour; cook over medium-high heat, whisking constantly, 5 minutes.
- ☐ Add onion and next 3 ingredients; cook 5 minutes, stirring often. Stir in broth and next 2 ingredients. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- ☐ Add sausage and chicken; simmer, covered, 5 minutes.
- ☐ Serve over rice.
- ☐ Note: For testing purposes only, we used Conecuh Original Smoked Sausage for smoked sausage.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:30.88, Inflammation Score:-7, Nutrition Score:23.189130389172%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 481.71kcal (24.09%), Fat: 19.46g (29.94%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 38.02g (13.83%), Sugar: 8.09g (8.99%), Cholesterol: 98.4mg (32.8%), Sodium: 872.1mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.06%), Vitamin B3: 11.26mg (56.32%), Selenium: 37.43µg (53.48%), Vitamin B6: 0.83mg (41.55%), Manganese: 0.82mg (41.14%), Vitamin C: 31.18mg (37.79%), Phosphorus: 324.08mg (32.41%), Vitamin B1: 0.37mg (24.46%), Potassium: 849.38mg (24.27%), Vitamin B2: 0.38mg (22.6%), Iron: 3.93mg (21.84%), Copper: 0.43mg (21.34%), Zinc: 3.17mg (21.15%), Vitamin B5: 1.88mg (18.84%), Magnesium: 69.49mg (17.37%), Vitamin K: 17.99µg (17.13%), Fiber: 4.17g (16.68%), Vitamin B12: 0.86µg (14.29%), Vitamin E: 2.13mg (14.2%), Folate: 50.68µg (12.67%), Vitamin A: 612.56IU (12.25%), Calcium: 87.95mg (8.8%), Vitamin D: 0.42µg (2.77%)