



Creole Gumbo

READY IN



215 min.

SERVINGS



8

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 chicken breast halves bone-in with skin
- ☐ 8 chicken thighs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 bell pepper green chopped
- ☐ 1 pound creole sausage smoked
- ☐ 2 tablespoons penzey's southwest seasoning cajun-style
- ☐ 1 pound shrimp
- ☐ 2.5 cups water

☐ 1 onion white chopped

Equipment

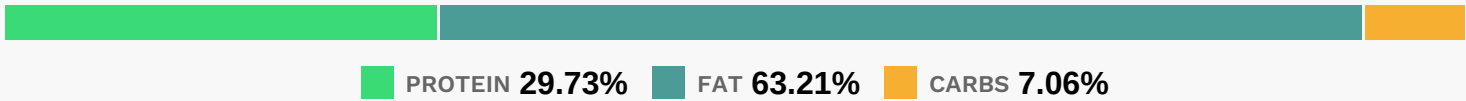
☐ sauce pan

☐ pot

Directions

- ☐ Boil chicken breasts and thighs with onion and bell pepper in a large pot of salted water, for about 40 minutes or until cooked through and no longer pink inside.
- ☐ Drain, debone chicken and set aside.
- ☐ In a large saucepan stir together flour and butter over low heat to make a roux; add boiled chicken, sausage and water and bring all to a boil. Cover saucepan and simmer over low heat for about 1 1/2 hours.
- ☐ Add shrimp and simmer for about 1 more hour, then add seasoning to taste and serve.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:24.415652275085%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 679.17kcal (33.96%), Fat: 47.36g (72.86%), Saturated Fat: 18.03g (112.71%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 9.63g (3.5%), Sugar: 1.12g (1.25%), Cholesterol: 308.94mg (102.98%), Sodium: 797.83mg (34.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.13g (100.25%), Selenium: 49.66µg (70.95%), Vitamin B3: 13.7mg (68.48%), Phosphorus: 503.47mg (50.35%), Vitamin B6: 1mg (49.97%), Vitamin B12: 1.72µg (28.61%), Vitamin K: 27.64µg (26.32%), Zinc: 3.91mg (26.09%), Vitamin B1: 0.35mg (23.37%), Vitamin B5: 2.32mg (23.18%), Potassium: 802mg (22.91%), Vitamin B2: 0.37mg (21.93%), Iron: 3.63mg (20.18%), Magnesium: 78.39mg (19.6%), Copper: 0.39mg (19.51%), Manganese: 0.34mg (16.99%), Vitamin C: 13.74mg (16.65%), Calcium: 122.6mg (12.26%), Vitamin A: 577.83IU (11.56%), Vitamin E: 1.41mg (9.41%), Fiber: 2.27g (9.07%), Folate: 35.5µg (8.88%),

Vitamin D: 0.79µg (5.29%)