



## Easy Chicken Gumbo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup cabbage shredded finely
- 14.5 ounce canned tomatoes whole undrained canned
- 0.5 cup celery chopped
- 1 stalk celery chopped
- 10 ounce cut okra frozen
- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt

- 1 quart water
- 6 pound broiler-fryers
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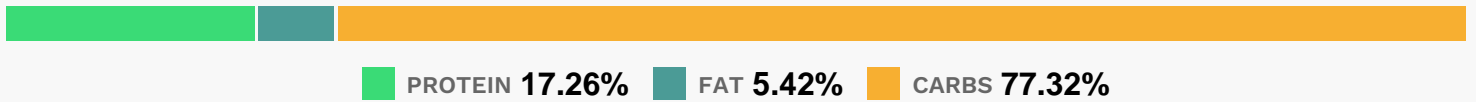
## Equipment

- dutch oven

## Directions

- Combine chicken, water, chopped celery stalk, salt, and pepper in a large Dutch oven. Bring to a boil; cover and simmer 1 hour or until chicken is tender.
- Remove chicken from broth; cool. Bone chicken, and cut into 1-inch cubes. Strain broth, and return broth to Dutch oven. Discard celery.
- Add next 4 ingredients to broth; cook over low heat 15 minutes.
- Add cabbage; cook an additional 5 minutes. Stir in chicken, and bring mixture to a boil.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:2.49, Inflammation Score:-6, Nutrition Score:9.6265217946923%

## Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

## Nutrients (% of daily need)

Calories: 46.84kcal (2.34%), Fat: 0.33g (0.51%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.18g (2.61%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 502.89mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.56mg (28.1%), Vitamin K: 27.6µg (26.28%), Vitamin C: 20.76mg (25.16%), Fiber: 3.47g (13.88%), Vitamin B6: 0.24mg (11.96%), Folate: 47.76µg (11.94%), Potassium: 412.91mg (11.8%), Magnesium: 46.2mg (11.55%), Vitamin A: 560.22IU (11.2%), Copper: 0.22mg (10.81%),

Vitamin B1: 0.16mg (10.59%), Calcium: 79.18mg (7.92%), Iron: 1.29mg (7.16%), Vitamin B3: 1.39mg (6.94%), Vitamin E: 1.04mg (6.92%), Phosphorus: 60.01mg (6%), Vitamin B2: 0.08mg (4.64%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.53mg (3.54%), Selenium: 0.9µg (1.28%)