



Gumbo Style Chicken Creole



Dairy Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 14.5 ounce canned tomatoes diced with green chile peppers, with liquid canned
- ☐ 2 cups rotisserie chicken breast meat cooked chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper black

- ☐ 3 dashes hot sauce
- ☐ 0.3 cup oil for frying
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon soya sauce
- ☐ 1 teaspoon sugar white
- ☐ 2 teaspoons worcestershire sauce

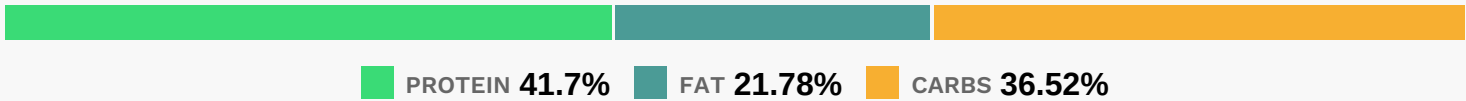
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over high heat. Stir in flour and cook, stirring constantly, for 5 minutes or until mixture is the color of a copper penny. Reduce heat to low and stir in bell pepper and onion. Cook 10 to 15 minutes, or until tender, stirring occasionally.
- ☐ Add chicken, tomatoes with green chile peppers, mushrooms, parsley, Worcestershire sauce, garlic, soy sauce, sugar, salt, pepper and hot sauce. Stir together, cover and simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:3.96, Inflammation Score:-5, Nutrition Score:10.589130456033%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 155.42kcal (7.77%), Fat: 3.72g (5.73%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 10.36g (3.77%), Sugar: 4.96g (5.51%), Cholesterol: 39.67mg (13.22%), Sodium: 632.49mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.08%), Vitamin B3: 7.25mg (36.23%), Vitamin C: 28.06mg (34.02%), Vitamin K: 25.21µg (24.01%), Selenium: 15.85µg (22.65%), Vitamin B6: 0.38mg (19.2%), Fiber: 3.69g (14.75%), Phosphorus: 141.18mg (14.12%), Manganese: 0.16mg (8.18%), Vitamin B1: 0.12mg (7.85%), Vitamin B5: 0.71mg (7.08%), Potassium: 247.8mg (7.08%), Iron: 1.26mg (6.98%), Vitamin B2: 0.1mg (5.97%), Magnesium: 23.68mg (5.92%), Copper: 0.11mg (5.74%), Folate: 21.86µg (5.46%), Zinc: 0.76mg (5.04%), Vitamin A: 198.58IU (3.97%), Vitamin E: 0.55mg (3.66%), Vitamin B12: 0.16µg (2.64%), Calcium: 24.08mg (2.41%)