



 **28%**  
HEALTH SCORE

## Hearty Chicken Gumbo

 **Gluten Free**

READY IN



**180 min.**

SERVINGS



**10**

CALORIES



**713 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves
- 0.5 tablespoon butter
- 10 ounce corn with juice canned
- 3 carrots peeled sliced
- 1 cup celery chopped
- 1 large chicken
- 4 tablespoons chicken soup base
- 14 ounce chicken broth canned

- 12 cups chicken stock see
- 0.5 teaspoon chili powder
- 2 cups rice cooked
- 1 teaspoon garlic powder
- 1 lb kielbasa sliced
- 10 ounce mushrooms green drained sliced
- 2 cups okra fresh sliced
- 2 cups onion chopped
- 0.5 teaspoon pepper to taste ()
- 4 cups potatoes diced
- 0.5 teaspoon salt to taste ()
- 28 ounce stewed tomatoes with the juice
- 0.3 cup sugar to taste ()
- 1 teaspoon thyme leaves
- 12 ounce canned tomatoes canned

## Equipment

- bowl
- pot

## Directions

- In large pot, stew chicken with bay leaf til done and tender.
- Remove chicken from pot, cool, remove meat and cut into large bite-sized pieces. Put meat in bowl and cover, set aside or refrigerate til needed later. Measure out 10-12 cups of stock from chicken and pour into clean pot. Bring stock to a boil and add celery, onions, potatoes, carrots, and okra. Cook til tender.
- Add chicken and rest of ingredients, and simmer 10-15 minutes over low heat.

## Nutrition Facts



■ PROTEIN 25.03% ■ FAT 41.8% ■ CARBS 33.17%

## Properties

Glycemic Index:63.07, Glycemic Load:26.5, Inflammation Score:-10, Nutrition Score:33.296086938485%

## Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

## Nutrients (% of daily need)

Calories: 712.94kcal (35.65%), Fat: 33.1g (50.92%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 53.44g (19.43%), Sugar: 18.08g (20.09%), Cholesterol: 119.13mg (39.71%), Sodium: 1950.7mg (84.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.59g (89.17%), Vitamin B3: 16mg (80.01%), Vitamin A: 3701.13IU (74.02%), Selenium: 39.63µg (56.61%), Vitamin B6: 1.1mg (54.97%), Phosphorus: 472.11mg (47.21%), Vitamin C: 37.99mg (46.04%), Potassium: 1572.27mg (44.92%), Vitamin B1: 0.61mg (40.65%), Vitamin B2: 0.69mg (40.41%), Manganese: 0.71mg (35.66%), Copper: 0.67mg (33.35%), Iron: 5.25mg (29.19%), Zinc: 4.37mg (29.13%), Magnesium: 105.68mg (26.42%), Fiber: 5.67g (22.7%), Folate: 82.64µg (20.66%), Vitamin B5: 2.06mg (20.6%), Vitamin K: 20.02µg (19.06%), Vitamin B12: 1.1µg (18.27%), Vitamin E: 1.83mg (12.17%), Calcium: 121mg (12.1%), Vitamin D: 0.25µg (1.66%)