



Hearty Chicken-Sausage Soup

 **Gluten Free**  **Dairy Free**

READY IN



247 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes cajun-style undrained canned
- 2 cups rice long-grain cooked
- 14.3 ounce chicken broth fat-free reduced-sodium canned
- 2 teaspoons extra-spicy seasoning salt-free
- 1 pound skinned cut into 1-inch pieces
- 4 ounces sausage smoked low-fat sliced
- 16 ounce vegetable gumbo mixture frozen

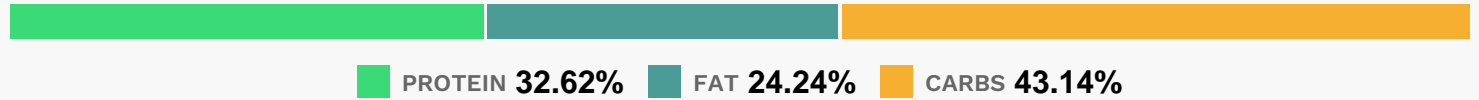
Equipment

slow cooker

Directions

Place first 6 ingredients in a 3 1/2-quart electric slow cooker. Cover and cook on high setting 4 hours. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours. Stir in cooked rice during last 30 minutes of cooking time.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:20.58, Inflammation Score:-10, Nutrition Score:21.957391184309%

Nutrients (% of daily need)

Calories: 288.89kcal (14.44%), Fat: 7.89g (12.15%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 26.37g (9.59%), Sugar: 3.21g (3.57%), Cholesterol: 61.8mg (20.6%), Sodium: 650.25mg (28.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin A: 4036.83IU (80.74%), Vitamin B3: 10.94mg (54.71%), Selenium: 32.89µg (46.98%), Vitamin B6: 0.85mg (42.46%), Manganese: 0.67mg (33.31%), Phosphorus: 277.99mg (27.8%), Potassium: 735.78mg (21.02%), Fiber: 5.23g (20.94%), Vitamin C: 15.11mg (18.32%), Vitamin B5: 1.78mg (17.75%), Vitamin B1: 0.26mg (17.29%), Magnesium: 65.2mg (16.3%), Iron: 2.88mg (16.01%), Copper: 0.29mg (14.35%), Vitamin B2: 0.24mg (13.96%), Vitamin K: 14µg (13.33%), Zinc: 1.68mg (11.19%), Folate: 40.76µg (10.19%), Vitamin B12: 0.57µg (9.52%), Vitamin E: 1.32mg (8.81%), Calcium: 81.49mg (8.15%), Vitamin D: 0.28µg (1.89%)