



New Orleans Gumbo

 Dairy Free

READY IN



103 min.

SERVINGS



10

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces andouille sausage thinly sliced
- 2 bay leaves
- 1.3 pounds boneless chicken thighs boneless
- 1.5 tablespoons cajun spice
- 14.5 ounce canned tomatoes unsalted diced undrained canned
- 0.5 cup canola oil
- 2 celery stalks chopped
- 5 cups brown rice cooked

- 0.5 cup flour all-purpose
- 2 garlic cloves minced
- 1 cup green bell pepper green chopped
- 0.3 cup green onions chopped
- 0.5 teaspoon kosher salt
- 5 cups lower sodium beef broth fat-free
- 1.5 cups onion chopped
- 1 tablespoon worcestershire sauce

Equipment

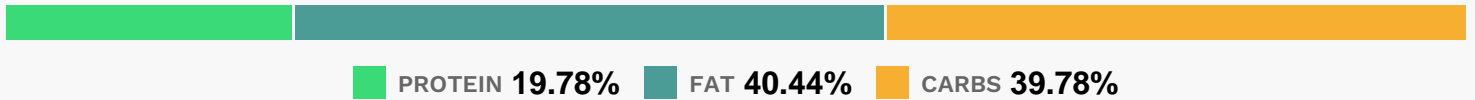
- frying pan
- baking sheet
- oven
- knife
- whisk
- wooden spoon
- kitchen thermometer
- measuring cup
- dutch oven

Directions

- Preheat oven to 40
- Rub chicken thighs with Cajun seasoning.
- Place on a baking sheet coated with cooking spray.
- Bake at 400 for 25 minutes or until a thermometer registers 16
- Cool chicken; shred.
- Place oil in a Dutch oven. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.

- Add flour to pan, stirring constantly with a whisk. Cook over medium heat 35 to 40 minutes or until very brown, stirring constantly with a flat-bottomed wooden spoon.
- Add onion, bell pepper, and celery to pan; saut 5 minutes or until vegetables are tender.
- Add sausage and next 3 ingredients (through tomatoes); cook 2 minutes. Gradually add broth, stirring constantly with a whisk. Bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- Add chicken; cook 5 minutes.
- Add garlic; cook 5 minutes.
- Remove from heat; add Worcestershire sauce. Discard bay leaves.
- Serve over rice; sprinkle with green onions.
- Serve with hot pepper sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:16.01, Inflammation Score:0, Nutrition Score:16.363043474114%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 352.15kcal (17.61%), Fat: 15.92g (24.5%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 31.41g (11.42%), Sugar: 3.68g (4.09%), Cholesterol: 65.32mg (21.77%), Sodium: 552.96mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.05%), Manganese: 1.28mg (63.98%), Vitamin B3: 5.73mg (28.66%), Vitamin B6: 0.52mg (26.04%), Vitamin C: 18.46mg (22.37%), Selenium: 15.61µg (22.31%), Phosphorus: 217.77mg (21.78%), Potassium: 709.34mg (20.27%), Vitamin B1: 0.28mg (18.48%), Magnesium: 71.83mg (17.96%), Fiber: 3.83g (15.31%), Vitamin A: 741.18IU (14.82%), Iron: 2.33mg (12.94%), Vitamin B5: 1.26mg (12.6%), Zinc: 1.87mg (12.49%), Vitamin K: 12.46µg (11.87%), Copper: 0.23mg (11.73%), Vitamin B2: 0.19mg (11.04%), Vitamin E: 1.51mg (10.09%), Vitamin B12: 0.47µg (7.9%), Folate: 31.14µg (7.78%), Calcium: 44.9mg (4.49%), Vitamin D: 0.22µg (1.44%)