



New Orleans Stew with Smoked Andouille Chicken Sausage

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups chicken broth unsalted low fat,
- 12 ounce al fresco® andouille chicken sausage smoked
- 2 tablespoons olive oil extra virgin
- 2 tablespoons thyme leaves fresh chopped
- 1 cup regular corn frozen
- 2 cloves garlic fresh minced
- 1.5 teaspoons ground pepper dried

- 1.5 cups cut okra frozen
- 0.8 pound shrimp raw deveined
- 0.3 teaspoon salt
- 1 medium sweet potatoes and into fresh cubed
- 0.8 cup onion fresh white chopped

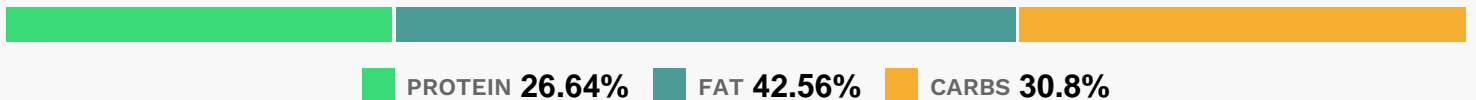
Equipment

- sauce pan
- microwave

Directions

- Place a large sauce pan over medium heat and coat with the olive oil.
- Saute the onion and garlic for 3 - 4 minutes, stir in the thyme and cayenne for an additional 2 - 3 minutes.
- Meanwhile, steam the cubed sweet potatoes in the microwave with 1/8 cup water, covered for 3 - 4 minutes or until just tender.
- Add the okra and corn to the onion mixture, and saute for 3 - 4 minutes. Stir in the Smoked Andouille, toss for 2 minutes, and then add the chicken broth and cooked sweet potato. Bring to a boil and reduce to a simmer for 5 minutes.
- Add the shrimp. Cook just until the shrimp are cooked through about 3 - 4 minutes, season with the salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:16.070000000622%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

Nutrients (% of daily need)

Calories: 282.99kcal (14.15%), Fat: 13.91g (21.4%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 19.13g (6.96%), Sugar: 4.04g (4.49%), Cholesterol: 113.82mg (37.94%), Sodium: 1459.03mg (63.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.19%), Vitamin A: 6147.82IU (122.96%), Selenium: 18.16µg (25.94%), Manganese: 0.5mg (25.05%), Phosphorus: 211.19mg (21.12%), Vitamin C: 15.34mg (18.59%), Vitamin B6: 0.33mg (16.49%), Fiber: 3.52g (14.09%), Magnesium: 52.86mg (13.22%), Copper: 0.24mg (12.23%), Potassium: 425.31mg (12.15%), Vitamin E: 1.79mg (11.91%), Folate: 46.33µg (11.58%), Vitamin B3: 2.3mg (11.52%), Vitamin K: 11.98µg (11.41%), Vitamin B12: 0.65µg (10.88%), Vitamin B1: 0.16mg (10.51%), Iron: 1.79mg (9.93%), Vitamin B2: 0.16mg (9.53%), Calcium: 84.92mg (8.49%), Zinc: 1.18mg (7.89%), Vitamin B5: 0.67mg (6.7%)