



## Rouxless Gumbo

 Gluten Free

READY IN



145 min.

SERVINGS



12

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups andouille sausage sliced
- 1 tablespoon butter
- 10 ounce canned tomatoes diced with green chilies, undrained canned
- 0.5 teaspoon cayenne pepper
- 2 stalks celery chopped
- 4 cups rice cooked
- 2 teaspoons filé powder
- 0.8 cup regular corn frozen

- 3 cloves garlic minced
- 1 bell pepper green chopped
- 12 servings ground pepper black to taste
- 2 cups okra
- 1 large onion chopped
- 12 servings salt to taste
- 2 pound meat from a rotisserie chicken whole

## Equipment

- frying pan
- pot

## Directions

- Place chicken in a large pot; add enough water to cover. Cover pot and bring to a boil; reduce heat to medium-low and simmer until meat falls off the bone, about 90 minutes.
- Remove chicken, let cool, and shred meat; skim broth and reserve.
- Melt butter in a large skillet over medium heat; cook and stir onions, bell pepper, and celery until tender, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute.
- Add diced tomatoes, tomatoes with green chilies, andouille sausage, okra, corn, salt, pepper, cayenne pepper, and reserved broth; bring to a gentle boil over medium-high heat. Simmer until liquid is reduced by half, about 30 minutes.
- Mix shredded chicken and shrimp into skillet; simmer until shrimp turns bright pink and okra is tender, 5 to 7 minutes.
- Remove skillet from heat and stir in file powder.
- Serve with rice.

## Nutrition Facts

 **PROTEIN 21.3%**  **FAT 50.32%**  **CARBS 28.38%**

## Properties

Glycemic Index:29.5, Glycemic Load:16.58, Inflammation Score:-5, Nutrition Score:11.67391306421%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

## Nutrients (% of daily need)

Calories: 312.17kcal (15.61%), Fat: 17.49g (26.91%), Saturated Fat: 5.73g (35.78%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 20.37g (7.41%), Sugar: 2.14g (2.38%), Cholesterol: 63.63mg (21.21%), Sodium: 558.54mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.3%), Vitamin B3: 5.7mg (28.49%), Selenium: 17.78µg (25.4%), Manganese: 0.49mg (24.29%), Vitamin C: 16.76mg (20.31%), Vitamin B6: 0.39mg (19.36%), Phosphorus: 167.41mg (16.74%), Vitamin B1: 0.2mg (13.51%), Zinc: 1.96mg (13.05%), Potassium: 405.71mg (11.59%), Magnesium: 38.77mg (9.69%), Vitamin B5: 0.97mg (9.69%), Vitamin B2: 0.16mg (9.65%), Vitamin K: 9.51µg (9.06%), Vitamin B12: 0.5µg (8.35%), Iron: 1.41mg (7.84%), Fiber: 1.82g (7.28%), Copper: 0.14mg (6.96%), Vitamin A: 345.68IU (6.91%), Folate: 26.1µg (6.52%), Vitamin E: 0.8mg (5.34%), Calcium: 43.07mg (4.31%), Vitamin D: 0.62µg (4.16%)