



## Sausage Gumbo Pot Pie With Garlic Bread Crust

READY IN



30 min.

SERVINGS



10

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons butter melted
- 0.5 teaspoon cajun spice
- 10 ounce canned tomatoes diced green canned
- 32 ounce chicken broth
- 0.5 teaspoon thyme leaves dried
- 12 ounce baguette french cut into 1/2-inch-thick slices
- 2 garlic cloves minced
- 1 medium size bell pepper green chopped

- 16 ounce okra frozen
- 1 small onion chopped
- 10 servings garnish: parsley fresh finely chopped
- 1 cup quick-cooking rice uncooked
- 1 pound sausage smoked cut into 1/4-inch-thick slices
- 0.3 cup roux mix instant

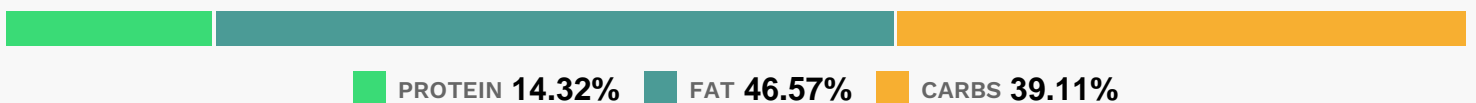
## Equipment

- oven
- baking pan
- dutch oven

## Directions

- Saut first 3 ingredients in a Dutch oven over medium-high heat 8 minutes or until browned; stir in roux mix. Cook, stirring constantly, 2 minutes. Stir in tomatoes and next 5 ingredients, and bring to a boil.
- Remove from heat.
- Pour into a 13- x 9-inch baking dish.
- Stir together butter and garlic; brush on one side of bread slices. Top sausage mixture evenly with bread slices, buttered side up.
- Bake, covered, at 425 for 10 minutes; uncover and bake 10 more minutes.
- Let stand 10 minutes.
- Garnish, if desired.
- Note: For testing purposes only, we used Tony Chachere's Creole Instant Roux
- Mix.

## Nutrition Facts



## Properties

Glycemic Index:30.58, Glycemic Load:12.7, Inflammation Score:-8, Nutrition Score:19.301304278166%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

## Nutrients (% of daily need)

Calories: 324.85kcal (16.24%), Fat: 16.9g (26%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 28.55g (10.38%), Sugar: 4.54g (5.05%), Cholesterol: 43.05mg (14.35%), Sodium: 1002.99mg (43.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.37%), Vitamin K: 84.48µg (80.46%), Manganese: 0.76mg (37.79%), Vitamin B1: 0.54mg (36.14%), Vitamin C: 28.66mg (34.74%), Folate: 101.7µg (25.42%), Vitamin B3: 4.75mg (23.73%), Selenium: 16.02µg (22.88%), Vitamin A: 924.83IU (18.5%), Iron: 3.28mg (18.22%), Vitamin B2: 0.3mg (17.46%), Vitamin B6: 0.31mg (15.58%), Phosphorus: 140.44mg (14.04%), Fiber: 3.39g (13.55%), Magnesium: 52.34mg (13.08%), Zinc: 1.84mg (12.27%), Potassium: 424.56mg (12.13%), Vitamin B12: 0.71µg (11.84%), Copper: 0.22mg (10.9%), Calcium: 102.84mg (10.28%), Vitamin B5: 0.61mg (6.11%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.5µg (3.33%)