



Slow-Cooker Chicken and Rice Gumbo Soup

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

READY IN



470 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounces canned tomatoes undrained canned
- 0.8 cup carrots chopped
- 2 medium celery stalks (with leaves), sliced (1 1/4 cups)
- 2 tablespoons chicken soup base
- 3 cups rice hot cooked
- 10 ounces okra frozen thawed drained
- 0.5 cup onion chopped
- 6 servings hot sauce red

- 0.8 pound chicken thighs boneless skinless cut into 1-inch pieces
- 0.3 pound andouille smoked fully cooked chopped (two 5-inch sausages)
- 1 teaspoon thyme leaves dried
- 5 cups water

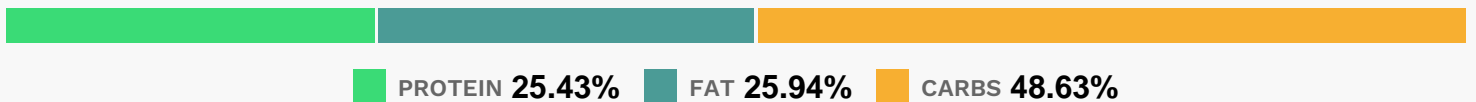
Equipment

- bowl
- slow cooker

Directions

- Mix all ingredients except okra, rice and pepper sauce in 4- to 5-quart slow cooker.
- Cover and cook on low heat setting 6 hours 30 minutes to 7 hours or until chicken is no longer pink in center. Stir in okra. Cover and cook on low heat setting 20 minutes longer.
- Spoon soup over rice in soup bowls.
- Serve with pepper sauce. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:54.97, Glycemic Load:26.76, Inflammation Score:-10, Nutrition Score:19.664782342703%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg

Nutrients (% of daily need)

Calories: 281.45kcal (14.07%), Fat: 8.14g (12.53%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 30.47g (11.08%), Sugar: 5.39g (5.98%), Cholesterol: 67.5mg (22.5%), Sodium: 728.35mg (31.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.96g (35.93%), Vitamin A: 3194.46IU (63.89%), Manganese: 0.94mg (46.82%), Selenium: 22.51µg (32.16%), Vitamin B6: 0.6mg (30.22%), Vitamin B3: 5.63mg (28.13%), Vitamin C: 19.77mg (23.96%), Phosphorus: 223.88mg (22.39%), Vitamin K: 22.62µg (21.55%), Vitamin B1: 0.28mg (18.71%), Magnesium: 72.27mg (18.07%), Potassium: 625.75mg (17.88%), Copper: 0.32mg (16.04%), Fiber: 3.87g (15.49%), Zinc: 2.2mg (14.65%), Vitamin B5: 1.45mg (14.53%), Vitamin B2: 0.23mg (13.48%), Folate: 49.39µg (12.35%), Iron: 2.14mg (11.88%), Vitamin B12: 0.65µg (10.89%), Calcium: 95.63mg (9.56%), Vitamin E: 1.24mg (8.25%), Vitamin D: 0.21µg (1.39%)