



Slow-Cooker Chicken and Sausage Gumbo

 Dairy Free

READY IN



275 min.

SERVINGS



10

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons vegetable oil; peanut oil preferred
- 2 lb chicken thighs boneless skinless
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 0.5 cup vegetable oil; peanut oil preferred
- 0.5 cup flour all-purpose
- 16 oz bell pepper
- 4 cloves garlic finely chopped

- 3.5 cups chicken broth (from 32-oz carton)
- 2 cups okra frozen thawed
- 1 lb andouille sausage cut into 1/2 -inch slices
- 2 teaspoons creole seasoning
- 2 bay leaves dried
- 5 cups rice hot cooked
- 1 serving hot sauce red
- 1 serving spring onion sliced

Equipment

- bowl
- whisk
- dutch oven
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In Dutch oven, heat 2 teaspoons oil over medium-high heat.
- Sprinkle chicken with salt and pepper. Cook chicken in oil until browned on both sides.
- Remove from Dutch oven; set aside. Discard drippings from Dutch oven; heat 1/2 cup oil over medium-high heat. Gradually stir in flour with whisk; cook 6 to 8 minutes, stirring constantly, until mixture turns chocolate-colored. Reduce heat to medium. Stir in onion mixture and garlic. Cook 3 minutes.
- Transfer to slow cooker. Stir in broth, okra, sausage, Creole seasoning and bay leaves.
- Add chicken; stir to combine.
- Cover; cook on Low heat setting 4 hours.
- Remove chicken from slow cooker to plate; shred, using 2 forks. Discard bay leaves. Return shredded chicken to slow cooker.
- Serve gumbo in bowls over rice.
- Garnish with pepper sauce and green onions.

Nutrition Facts

PROTEIN 28.03% FAT 41.29% CARBS 30.68%

Properties

Glycemic Index:37.4, Glycemic Load:28.38, Inflammation Score:-9, Nutrition Score:23.247826327448%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 433.88kcal (21.69%), Fat: 19.74g (30.36%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 33g (11%), Net Carbohydrates: 30.74g (11.18%), Sugar: 3.17g (3.53%), Cholesterol: 126.84mg (42.28%), Sodium: 876.22mg (38.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.29%), Vitamin C: 63.47mg (76.93%), Selenium: 38.66µg (55.24%), Vitamin B3: 9.4mg (47%), Vitamin B6: 0.77mg (38.45%), Manganese: 0.72mg (36.11%), Vitamin A: 1779.74IU (35.59%), Phosphorus: 308.64mg (30.86%), Vitamin B1: 0.35mg (23.24%), Vitamin B2: 0.39mg (22.73%), Zinc: 3.24mg (21.58%), Vitamin B5: 1.96mg (19.62%), Vitamin B12: 1.04µg (17.36%), Potassium: 598.04mg (17.09%), Magnesium: 57.87mg (14.47%), Vitamin E: 2mg (13.33%), Folate: 51.65µg (12.91%), Vitamin K: 12.9µg (12.29%), Iron: 2.18mg (12.09%), Copper: 0.2mg (9.77%), Fiber: 2.26g (9.03%), Calcium: 47.83mg (4.78%), Vitamin D: 0.63µg (4.23%)