



Slow-Cooker Chicken and Sausage Gumbo

 Dairy Free  Popular

READY IN



275 min.

SERVINGS



10

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb andouille sausage cut into 1/2 -inch slices
- 3.5 cups chicken broth (from 32-oz carton)
- 5 cups rice hot cooked
- 2 teaspoons creole seasoning
- 2 bay leaves dried
- 0.5 cup flour all-purpose
- 4 cloves garlic finely chopped
- 10 servings spring onion sliced

- 2 cups okra frozen thawed
- 16 oz bell pepper
- 0.5 cup vegetable oil; peanut oil preferred
- 2 teaspoons vegetable oil; peanut oil preferred
- 0.5 teaspoon pepper
- 10 servings hot sauce red
- 0.5 teaspoon salt
- 2 lb chicken thighs boneless skinless

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 27.98% FAT 41.11% CARBS 30.91%

Properties

Glycemic Index:37.4, Glycemic Load:28.46, Inflammation Score:-9, Nutrition Score:24.033043135767%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 435.62kcal (21.78%), Fat: 19.75g (30.38%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 31g (11.27%), Sugar: 3.3g (3.67%), Cholesterol: 126.84mg (42.28%), Sodium: 879.47mg (38.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Vitamin C: 64.55mg (78.24%), Selenium: 38.7µg (55.28%), Vitamin B3: 9.43mg (47.14%), Vitamin B6: 0.77mg (38.62%), Vitamin A: 1833.73IU (36.67%), Manganese: 0.73mg (36.55%), Phosphorus: 310.65mg (31.07%), Vitamin B1: 0.35mg (23.44%), Vitamin B2: 0.39mg (22.99%), Vitamin K: 24.08µg (22.93%), Zinc: 3.26mg (21.72%), Vitamin B5: 1.97mg (19.66%), Potassium: 613.07mg (17.52%), Vitamin B12: 1.04µg (17.36%), Magnesium: 58.95mg (14.74%), Folate: 55.11µg (13.78%), Vitamin E: 2.03mg (13.53%), Iron: 2.26mg (12.53%), Copper: 0.2mg (10%), Fiber: 2.4g (9.59%), Calcium: 51.72mg (5.17%), Vitamin D: 0.63µg (4.23%)