



Slow-Cooker Chicken Gumbo

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

READY IN

ready

375 min.

SERVINGS

servings

6

CALORIES

calories

217 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 2 links andouille sausage diced
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 celery stalks chopped
- ☐ 2 cups rice cooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 bell pepper green seeded chopped

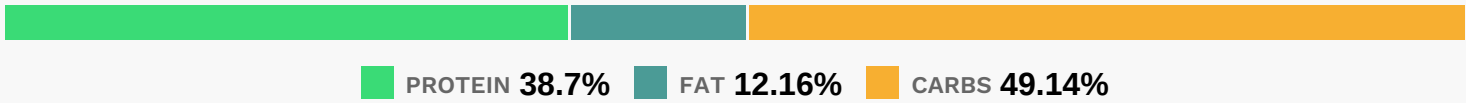
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 0.5 teaspoon ground mustard
- ☐ 10 ounce okra frozen thawed
- ☐ 0.5 teaspoon onion powder
- ☐ 1 cup onions chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless cut into 2-inch pieces
- ☐ 2 cups sacramento tomato juice reduced-sodium

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a slow-cooker, combine the chicken and all remaining ingredients except the rice.
- ☐ Mix well to combine. Cover and cook on low for 6 to 8 hours or high for 3 to 4 hours.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:52.56, Glycemic Load:18.2, Inflammation Score:-9, Nutrition Score:19.835652115552%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.73mg, Quercetin: 16.73mg, Quercetin: 16.73mg, Quercetin: 16.73mg

Nutrients (% of daily need)

Calories: 216.67kcal (10.83%), Fat: 2.97g (4.57%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 23.83g (8.67%), Sugar: 5.39g (5.99%), Cholesterol: 48.67mg (16.22%), Sodium: 322.98mg (14.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.54%), Vitamin C: 44.78mg (54.28%), Vitamin B3: 10.38mg (51.92%), Vitamin B6: 0.91mg (45.29%), Selenium: 29.39µg (41.98%), Manganese: 0.8mg (40.14%), Phosphorus: 265.12mg (26.51%), Vitamin K: 23.92µg (22.78%), Potassium: 785.23mg (22.44%), Magnesium: 70.03mg (17.51%), Vitamin A: 854.77IU (17.1%), Vitamin B5: 1.67mg (16.68%), Vitamin B1: 0.22mg (14.75%), Folate: 58.59µg (14.65%), Fiber: 3.18g (12.73%), Copper: 0.23mg (11.53%), Vitamin B2: 0.18mg (10.47%), Iron: 1.72mg (9.54%), Zinc: 1.3mg (8.67%), Calcium: 78.36mg (7.84%), Vitamin E: 0.75mg (4.98%), Vitamin B12: 0.23µg (3.89%)