



Slow-Cooker Gumbo

 Dairy Free

READY IN



405 min.

SERVINGS



4

CALORIES



1731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 14 oz andouille sausage sliced
- 1 cup onion diced
- 1 cup bell pepper diced green
- 1 cup celery diced
- 1 lb cooking fat uncooked chopped
- 2 cups okra chopped
- 0.3 cup savory vegetable

- 0.5 cup flour all-purpose
- 1 teaspoon cajun spice
- 1 teaspoon thyme leaves dried
- 3 cups beef stock warmed
- 14 oz tomatoes diced canned
- 4 cups rice white cooked
- 0.3 cup spring onion chopped (4 medium)

Equipment

- frying pan
- whisk
- slow cooker

Directions

- Spray 6-quart slow cooker with cooking spray.
- Heat 10-inch skillet over medium heat.
- Drizzle with olive oil, and add sausage. Cook about 7 minutes, stirring occasionally, until sausage lightly browns; spoon into slow cooker. In same skillet, add onion, bell pepper and celery. Cook until crisp-tender, stirring occasionally; add to slow cooker. In same skillet, add chopped chicken. Cook until no longer pink, stirring occasionally; add to slow cooker.
- Add okra to slow cooker.
- In heavy or cast-iron skillet, heat vegetable oil over medium-low heat. Using whisk, beat in flour; add Cajun seasoning and thyme. Continue to beat and cook 15 to 20 minutes, making roux that is brown and smells very nutty.
- Add beef stock, and beat well with whisk.
- Heat to boiling, beating constantly. Cook until thickened; add to slow cooker.
- Add diced tomatoes to slow cooker; stir well. Cover; cook on Low heat setting 6 hours.
- Serve gumbo with rice.
- Garnish with green onions before serving.

Nutrition Facts

PROTEIN 7.16% FAT 75.24% CARBS 17.6%

Properties

Glycemic Index:105.5, Glycemic Load:58.79, Inflammation Score:-9, Nutrition Score:35.661739266437%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 20.69mg, Quercetin: 20.69mg, Quercetin: 20.69mg, Quercetin: 20.69mg

Nutrients (% of daily need)

Calories: 1731.22kcal (86.56%), Fat: 144.93g (222.97%), Saturated Fat: 43.35g (270.95%), Carbohydrates: 76.29g (25.43%), Net Carbohydrates: 70.07g (25.48%), Sugar: 8.4g (9.34%), Cholesterol: 181.72mg (60.57%), Sodium: 1341.08mg (58.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.06%), Manganese: 1.5mg (75.25%), Vitamin C: 57.58mg (69.8%), Selenium: 40.94µg (58.48%), Vitamin B3: 10.94mg (54.72%), Vitamin D: 6.83µg (45.55%), Vitamin B1: 0.68mg (45.1%), Vitamin K: 44.52µg (42.4%), Vitamin B6: 0.84mg (42.06%), Vitamin E: 5.75mg (38.35%), Potassium: 1325.48mg (37.87%), Phosphorus: 374.04mg (37.4%), Vitamin B2: 0.58mg (34.09%), Vitamin A: 1676.73IU (33.53%), Zinc: 4.3mg (28.7%), Magnesium: 106.46mg (26.62%), Folate: 104.05µg (26.01%), Iron: 4.66mg (25.91%), Fiber: 6.23g (24.9%), Copper: 0.49mg (24.3%), Vitamin B5: 1.83mg (18.29%), Vitamin B12: 0.97µg (16.21%), Calcium: 146.81mg (14.68%)