



Spicy Turkey Sweet Potato Gumbo

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup celery chopped
- ☐ 29 ounce chicken broth canned
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 1 cup bell pepper green chopped

- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 1 pound turkey sausage links hot italian-style
- ☐ 2 cups sweet potatoes and into cubed peeled
- ☐ 1 pound turkey thigh meat boneless skinless trimmed cut into 1-inch pieces
- ☐ 2 teaspoons vegetable oil

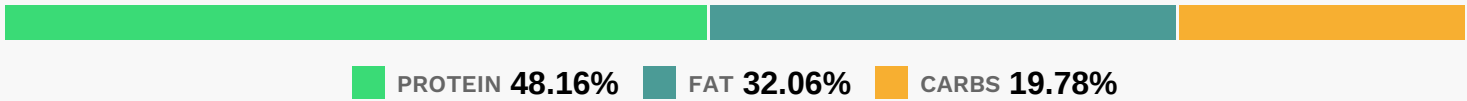
Equipment

- ☐ pot
- ☐ spatula

Directions

- ☐ Heat vegetable oil in a large pot over medium heat, and cook and stir the turkey thigh pieces until browned and no longer pink in the middle, about 10 minutes. Set the turkey aside. In the same pot, place the sausage, and break into chunks with a spatula. Cook and stir the sausage until browned and crumbly, about 10 minutes.
- ☐ Stir the onion, celery, and green pepper into the pot. Continue to cook and stir until the onions are translucent, about 5 more minutes.
- ☐ Mix in the garlic and cook until fragrant, about 1 minute; then stir in the flour. Cook and stir the mixture until the flour forms a coating on the sausage and vegetables and begins to brown, 5 to 8 more minutes.
- ☐ Mix in the sweet potato, thyme, oregano, chicken broth, tomatoes, and bay leaf, and bring the gumbo to a boil. Reduce heat to medium-low, and simmer, stirring often, until thickened and the sweet potatoes are tender, about 15 minutes. Stir in the cooked turkey and hot sauce, and simmer until the turkey is heated through. Discard the bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:12.44, Inflammation Score:-10, Nutrition Score:34.813913257226%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 588.97kcal (29.45%), Fat: 20.62g (31.72%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 24.3g (8.84%), Sugar: 6.94g (7.71%), Cholesterol: 175.86mg (58.62%), Sodium: 1337.59mg (58.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.68g (139.36%), Vitamin A: 6940.53IU (138.81%), Vitamin B3: 14.83mg (74.16%), Vitamin B6: 1.41mg (70.46%), Selenium: 47.01µg (67.16%), Phosphorus: 561.79mg (56.18%), Vitamin B12: 3.29µg (54.84%), Zinc: 7.66mg (51.09%), Vitamin C: 32.54mg (39.44%), Vitamin B2: 0.6mg (35.41%), Potassium: 1086.96mg (31.06%), Iron: 5.51mg (30.59%), Magnesium: 96.69mg (24.17%), Manganese: 0.48mg (24.12%), Copper: 0.44mg (22.15%), Vitamin K: 22.22µg (21.16%), Vitamin B5: 2.11mg (21.14%), Vitamin B1: 0.3mg (19.95%), Fiber: 4.31g (17.23%), Folate: 59.62µg (14.91%), Vitamin E: 1.92mg (12.82%), Calcium: 107.63mg (10.76%), Vitamin D: 0.29µg (1.92%)