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Chicken Gumbo ♦♦

Chicken gumbo is a traditional Louisiana dish that combines the flavors of chicken, sausage, and a variety of vegetables. It is typically served over rice and has a rich and hearty flavor.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	Chicken
250 g	Sausage
100 g	onion
100 g	Green Bell Pepper
100 g	celery

10 g	garlic
50 g	tomato paste
500 ml	chicken broth
10 g	cajun seasoning
2 pieces	bay leaves
5 g	salt
5 g	black pepper
2 g	cayenne pepper
1000 g	cooked rice

Directions

Step 1

Stove

Heat a large pot over medium heat. Add the sausage and cook until browned. Remove the sausage from the pot and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In the same pot, add the chicken and cook until browned. Remove the chicken from the pot and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add the onion, bell pepper, celery, and garlic to the pot. Cook until the vegetables are softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Return the sausage and chicken to the pot. Add the tomato paste, chicken broth, Cajun seasoning, bay leaves, salt, black pepper, and cayenne pepper. Stir to combine.

Prep Time: 5 mins

Cook Time: 25 mins

Step 5

Stove

Simmer the gumbo for 30 minutes, or until the flavors are well combined.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Serve the gumbo over cooked rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	15 g	88.24%	88.24%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Meal Type

Lunch Snack Dinner

Cultural

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Difficulty Level

Easy

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