



WHATSHEATE



Andouille, Crab and Oyster Gumbo



Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



114 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound andouille sausage sliced
- ☐ 1 bay leaf
- ☐ 3 rib celery cut into 1/2-inch dice
- ☐ 5 cups chicken stock see
- ☐ 3 cups bottled clam juice
- ☐ 2 teaspoons thyme leaves dried
- ☐ 3 tablespoons filé powder
- ☐ 0.5 cup flour all-purpose

- ☐ 3 cloves garlic minced
- ☐ 1 habanero chile minced
- ☐ 24 oysters and their liquor
- ☐ 1 pound lump crab meat picked over
- ☐ 0.5 pound okra sliced
- ☐ 1 onion cut into 1/2-inch dice
- ☐ 30 servings pepper freshly ground
- ☐ 1 bell pepper red cut into 1/2-inch dice
- ☐ 30 servings salt
- ☐ 3 large tomatoes finely chopped (large)
- ☐ 0.5 cup vegetable oil
- ☐ 3 tablespoons worcestershire sauce

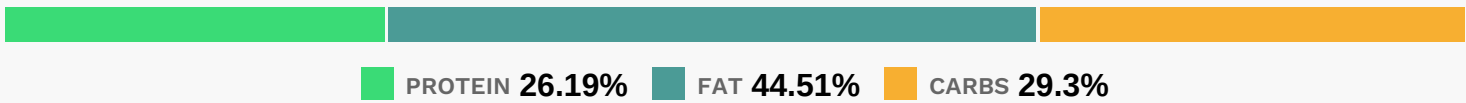
Equipment

- ☐ pot

Directions

- ☐ In a pot, stir the flour and oil until smooth. Cook over moderate heat, stirring often, until the roux turns a rich brown color, 15 minutes.
- ☐ Add the andouille, celery, onion, bell pepper, habanero, garlic, okra, thyme, bay leaf and half of the fil powder and cook over moderate heat, stirring, until the onion is translucent.
- ☐ Add the stock, clam juice, Worcestershire and tomatoes; bring to a boil. Reduce the heat to low and simmer for 1 hour, stirring.
- ☐ Stir in the remaining fil powder and add the crab, oysters and their liquor. Season with salt and pepper and simmer gently for 1 minute to just cook the oysters.

Nutrition Facts



Properties

Glycemic Index:11.93, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:7.4747826793919%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 114.07kcal (5.7%), Fat: 5.56g (8.55%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.41g (2.69%), Sugar: 2.69g (2.99%), Cholesterol: 20.55mg (6.85%), Sodium: 610.22mg (26.53%), Alcohol: 0.27g (100%), Alcohol %: 0.25% (100%), Protein: 7.36g (14.71%), Vitamin B12: 1.52µg (25.27%), Vitamin C: 12.73mg (15.43%), Selenium: 10.45µg (14.93%), Vitamin B3: 2.15mg (10.76%), Copper: 0.21mg (10.48%), Zinc: 1.46mg (9.76%), Phosphorus: 84.34mg (8.43%), Vitamin A: 384.56IU (7.69%), Vitamin B1: 0.11mg (7.25%), Vitamin B6: 0.14mg (7.24%), Manganese: 0.14mg (7.1%), Potassium: 245.38mg (7.01%), Vitamin K: 6.84µg (6.51%), Folate: 24.76µg (6.19%), Vitamin B2: 0.1mg (5.65%), Magnesium: 20.93mg (5.23%), Iron: 0.8mg (4.46%), Fiber: 0.82g (3.28%), Vitamin E: 0.43mg (2.85%), Calcium: 25.16mg (2.52%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.21µg (1.41%)