



Bang! Gumbo

READY IN



100 min.

SERVINGS



8

CALORIES



1117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds andouille sausage diced
- ☐ 3 bay leaves
- ☐ 0.3 pound butter
- ☐ 2 stalks celery diced finely
- ☐ 4 chicken breasts
- ☐ 14 cups chicken stock see
- ☐ 1.5 cups flour all-purpose
- ☐ 4 tablespoons garlic fresh minced
- ☐ 1 cup green onions sliced

- ☐ 1 tablespoon ground pepper black
- ☐ 3 tablespoons hot sauce such as frank's louisiana hot sauce
- ☐ 2 cups okra fresh sliced
- ☐ 5 tablespoons olive oil
- ☐ 1 bell pepper diced red finely
- ☐ 3 tablespoons salt
- ☐ 8 ounces shrimp deveined peeled
- ☐ 3 tablespoons spice mix
- ☐ 3 tablespoons spice mix your favorite
- ☐ 2 tablespoons tomato paste
- ☐ 8 servings rice white for serving
- ☐ 0.3 cup worcestershire sauce
- ☐ 1 onion diced yellow finely

Equipment

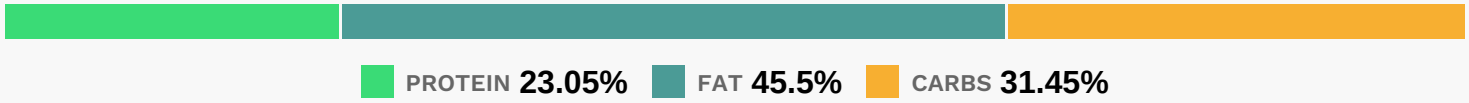
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ First, get the roux started, it will take about 20 minutes to cook. Melt the butter in a heavy skillet over medium-low heat.
- ☐ Add the flour and stir often, cooking until the roux becomes a dark chocolate color.
- ☐ Preheat a grill or grill pan to medium-high heat.
- ☐ Meanwhile, toss the chicken breasts in 2 tablespoons olive oil, 2 tablespoons minced garlic and 1 tablespoons spice mix. Grill the chicken until cooked through, taking care not to overcook and dry out the meat. Cool, dice and set aside.

- ☐ In a large stockpot, saute the celery, onions, red pepper and the remaining 2 tablespoons garlic in the remaining 3 tablespoons olive oil until translucent, about 5 minutes.
- ☐ Add the chicken stock, sausage, okra, green onions, Worcestershire sauce, hot sauce, salt, spice mix, tomato paste, black pepper and bay leaves and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes.
- ☐ Add the roux and simmer 5 more minutes, stirring gently. Taste for seasonings and adjust.
- ☐ Add the shrimp just before serving, heating just until the shrimp are cooked through.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:37, Inflammation Score:-9, Nutrition Score:48.705652112546%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 1117.4kcal (55.87%), Fat: 56.56g (87.02%), Saturated Fat: 20.79g (129.94%), Carbohydrates: 87.93g (29.31%), Net Carbohydrates: 79.69g (28.98%), Sugar: 11.6g (12.89%), Cholesterol: 244.34mg (81.45%), Sodium: 4487.02mg (195.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.48g (128.95%), Vitamin B3: 27.01mg (135.06%), Selenium: 79.83µg (114.04%), Vitamin K: 116.09µg (110.56%), Manganese: 1.69mg (84.64%), Vitamin B6: 1.67mg (83.39%), Phosphorus: 683.74mg (68.37%), Vitamin B2: 0.9mg (52.78%), Iron: 9.29mg (51.6%), Vitamin B1: 0.77mg (51.07%), Potassium: 1776.93mg (50.77%), Vitamin C: 37.82mg (45.85%), Copper: 0.74mg (37%), Vitamin E: 5.49mg (36.61%), Magnesium: 143.13mg (35.78%), Folate: 137.62µg (34.41%), Zinc: 5.07mg (33.77%), Fiber: 8.24g (32.95%), Vitamin A: 1639.32IU (32.79%), Vitamin B5: 3.12mg (31.23%), Calcium: 303.4mg (30.34%), Vitamin B12: 1.09µg (18.19%), Vitamin D: 1.3µg (8.69%)