



Bayou Gumbo

 Dairy Free

READY IN



470 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounces tomatoes diced undrained canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cloves garlic finely chopped
- ☐ 1.5 cups bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 cups okra frozen
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 pound pork sausage smoked cut into 1/2-inch slices
- ☐ 1.5 cups rice long-grain white uncooked
- ☐ 12 ounces shrimp frozen deveined rinsed cooked peeled
- ☐ 3 tablespoons vegetable oil
- ☐ 3 cups water

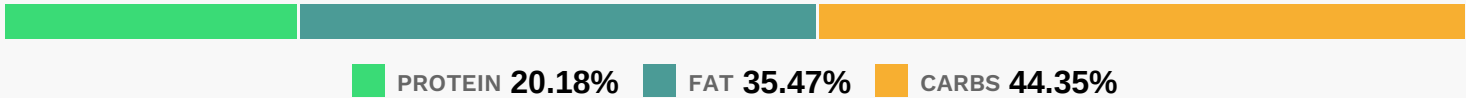
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Mix flour and oil in 1-quart heavy saucepan. Cook over medium-high heat 5 minutes, stirring constantly; reduce heat to medium. Cook about 10 minutes, stirring constantly, until mixture turns reddish brown.
- ☐ Place flour-oil mixture in 3 1/2- to 4-quart slow cooker. Stir in remaining ingredients except rice, water and shrimp.
- ☐ Cover and cook on low heat setting 7 to 9 hours or until okra is tender.
- ☐ About 25 minutes before serving, cook rice in 3 cups water as directed on package. Meanwhile, stir shrimp into gumbo. Cover and cook on low heat setting 20 minutes.
- ☐ Serve gumbo over rice.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:25.6, Inflammation Score:-7, Nutrition Score:17.959565152293%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg,

Quercetin: 13.6mg

Nutrients (% of daily need)

Calories: 449.15kcal (22.46%), Fat: 17.73g (27.27%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 46.26g (16.82%), Sugar: 4.24g (4.71%), Cholesterol: 118.5mg (39.5%), Sodium: 418.96mg (18.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.38%), Vitamin C: 46.76mg (56.67%), Manganese: 0.98mg (49.1%), Phosphorus: 280.81mg (28.08%), Vitamin K: 28.23µg (26.88%), Copper: 0.5mg (24.86%), Vitamin B6: 0.48mg (23.86%), Vitamin B1: 0.3mg (20.01%), Vitamin B3: 3.79mg (18.94%), Potassium: 642.02mg (18.34%), Magnesium: 72.28mg (18.07%), Zinc: 2.53mg (16.84%), Fiber: 3.62g (14.46%), Iron: 2.35mg (13.08%), Selenium: 8.91µg (12.74%), Calcium: 118.39mg (11.84%), Folate: 45.36µg (11.34%), Vitamin A: 520.8IU (10.42%), Vitamin B5: 0.98mg (9.81%), Vitamin B2: 0.17mg (9.72%), Vitamin E: 1.41mg (9.38%), Vitamin B12: 0.32µg (5.35%), Vitamin D: 0.49µg (3.28%)