



## Big Easy” Gumbo

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup vegetable oil; peanut oil preferred
- 0.5 cup flour all-purpose
- 1 cup onion sweet chopped
- 1 cup bell pepper green chopped
- 1 cup celery chopped
- 2 teaspoons creole seasoning
- 2 teaspoons garlic finely chopped
- 5.3 cups chicken broth (from two 32-oz cartons)

- 4 cups chicken shredded cooked
- 0.5 lb andouille sausage cut into 1/4-inch slices
- 1.5 cups pea-mond dressing frozen thawed
- 1 lb shells deveined uncooked peeled (16 to 20 count) (tail shells removed)

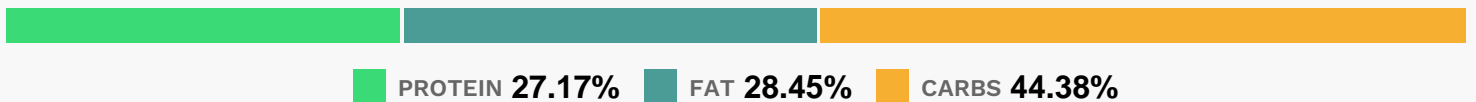
## Equipment

- whisk
- dutch oven

## Directions

- In 4- to 6-quart Dutch oven, heat oil over medium-high heat. Gradually stir in flour with whisk; cook 5 to 7 minutes, stirring constantly, until flour is chocolate colored. (Do not burn mixture.)
- Reduce heat to medium. Stir in onion, bell pepper, celery, Creole seasoning and garlic. Cook 3 minutes, stirring constantly. Gradually stir in broth.
- Add chicken, sausage and black-eyed peas.
- Heat to boiling over medium-high heat; reduce heat to low. Simmer 20 minutes, stirring occasionally.
- Stir in shrimp; cook 5 minutes or just until shrimp are pink.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:23.45, Inflammation Score:-7, Nutrition Score:22.504782490108%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

## Nutrients (% of daily need)

Calories: 548.48kcal (27.42%), Fat: 17.24g (26.53%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 60.54g (20.18%), Net Carbohydrates: 55.56g (20.2%), Sugar: 4.79g (5.32%), Cholesterol: 76.88mg (25.63%), Sodium: 347.11mg (15.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.06g (74.12%), Selenium: 62.68µg (89.54%), Vitamin B3: 11.16mg (55.82%), Manganese: 0.81mg (40.66%), Phosphorus: 403.78mg (40.38%), Vitamin B6: 0.57mg (28.63%), Folate: 106.93µg (26.73%), Zinc: 3.27mg (21.81%), Copper: 0.43mg (21.63%), Vitamin B1: 0.32mg (21.21%), Vitamin C: 17.07mg (20.69%), Potassium: 717.2mg (20.49%), Iron: 3.61mg (20.08%), Fiber: 4.97g (19.89%), Magnesium: 75.65mg (18.91%), Vitamin B2: 0.31mg (18.32%), Vitamin B5: 1.37mg (13.7%), Vitamin B12: 0.64µg (10.6%), Vitamin A: 379.08IU (7.58%), Vitamin E: 1.09mg (7.29%), Vitamin K: 6.2µg (5.9%), Calcium: 50.98mg (5.1%), Vitamin D: 0.4µg (2.65%)