



Big Easy" Gumbo

 Dairy Free

READY IN



48 min.

SERVINGS



10

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage cut into 1/4-inch-thick slices
- ☐ 1.5 cups pea-mond dressing frozen thawed
- ☐ 1 cup celery chopped
- ☐ 42 oz chicken broth low-sodium canned
- ☐ 2 teaspoons creole seasoning
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons garlic minced
- ☐ 1 cup bell pepper green chopped

- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 1 pound shrimp raw peeled ()
- ☐ 4 cups chicken shredded cooked
- ☐ 1 cup onion sweet chopped

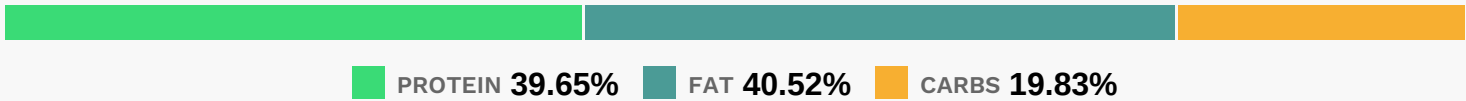
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat; gradually whisk in flour, and cook, whisking constantly, 5 to 7 minutes or until flour is chocolate colored. (Do not burn mixture.)
- ☐ Reduce heat to medium. Stir in onion and next 4 ingredients, and cook, stirring constantly, 3 minutes. Gradually stir in chicken broth; add chicken and next 2 ingredients. Increase heat to medium-high, and bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 20 minutes.
- ☐ Add shrimp, and cook 5 minutes or just until shrimp turn pink.
- ☐ Note: We tested with Zatarain's Creole Seasoning and Savoie's Andouille Sausage.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:16.035217533941%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 301.94kcal (15.1%), Fat: 13.54g (20.83%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 12.39g (4.5%), Sugar: 2.61g (2.9%), Cholesterol: 118.66mg (39.55%), Sodium: 530.25mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Selenium: 34.9µg (49.86%), Vitamin B3: 8.9mg (44.5%), Phosphorus: 346.52mg (34.65%), Vitamin B6: 0.47mg (23.31%), Folate: 85.99µg (21.5%), Vitamin B12: 1.01µg (16.79%), Vitamin C: 13.66mg (16.55%), Zinc: 2.41mg (16.09%), Vitamin B1: 0.22mg (14.85%), Potassium: 519.71mg (14.85%), Copper: 0.3mg (14.75%), Vitamin B2: 0.23mg (13.37%), Iron: 2.39mg (13.26%), Manganese: 0.25mg (12.39%), Magnesium: 46.41mg (11.6%), Vitamin B5: 1.04mg (10.41%), Fiber: 2.53g (10.1%), Vitamin E: 1.42mg (9.49%), Vitamin A: 384.91IU (7.7%), Calcium: 55.56mg (5.56%), Vitamin K: 5.05µg (4.81%), Vitamin D: 0.36µg (2.42%)