



Buckshot Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bay leaves
- ☐ 3 cups celery chopped
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 11 servings rice hot cooked
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup thyme leaves fresh
- ☐ 6 garlic cloves chopped

- ☐ 3 cups bell pepper green chopped
- ☐ 1 cup green onion chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 12 ounce gourmet-blend mushrooms
- ☐ 3 cups onion chopped
- ☐ 0.3 cup oregano fresh chopped
- ☐ 1 teaspoon paprika
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup vegetable oil
- ☐ 3 tablespoons vegetable oil

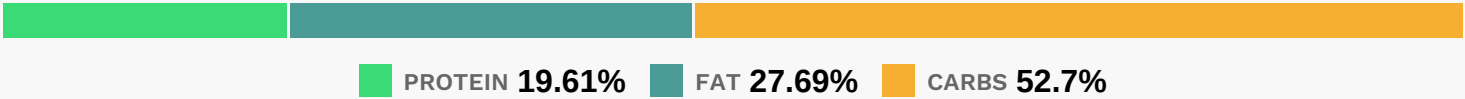
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ dutch oven

Directions

- ☐ Place mushrooms in a large roasting pan.
- ☐ Bake at 425 for 20 minutes; set aside.
- ☐ Meanwhile, combine 2/3 cup oil and flour in a large skillet; cook over medium-high heat, whisking constantly, until roux is dark golden brown (about 15 minutes).
- ☐ Remove from heat, and set aside.
- ☐ Heat 3 tablespoons oil in a large Dutch oven over medium-high heat. Saut onion and next 3 ingredients in hot oil 20 minutes or until tender.
- ☐ Add roux, and stir well.
- ☐ Stir in roasted mushrooms, bay leaves, and next 7 ingredients; bring to a boil. Reduce heat to low, and simmer, uncovered, 1 hour. Stir in green onions, and serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:43.27, Glycemic Load:31.93, Inflammation Score:-10, Nutrition Score:18.706521797439%

Flavonoids

Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg

Nutrients (% of daily need)

Calories: 310.81kcal (15.54%), Fat: 9.62g (14.79%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 37.36g (13.58%), Sugar: 4.18g (4.65%), Cholesterol: 28.64mg (9.55%), Sodium: 217.77mg (9.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.65%), Vitamin K: 71.14µg (67.75%), Vitamin C: 43.16mg (52.32%), Manganese: 0.73mg (36.52%), Selenium: 22.73µg (32.47%), Vitamin B3: 5.62mg (28.08%), Vitamin B6: 0.48mg (23.95%), Phosphorus: 183.66mg (18.37%), Vitamin B2: 0.31mg (18.21%), Folate: 63.82µg (15.96%), Fiber: 3.82g (15.27%), Vitamin B1: 0.22mg (14.36%), Potassium: 496.6mg (14.19%), Vitamin B5: 1.39mg (13.94%), Iron: 2.48mg (13.79%), Copper: 0.27mg (13.67%), Vitamin A: 675.2IU (13.5%), Magnesium: 42.19mg (10.55%), Zinc: 1.5mg (9.99%), Vitamin E: 1.12mg (7.48%), Calcium: 74.22mg (7.42%), Vitamin B12: 0.12µg (2.05%)