



## Cajun Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound andouille sausage sliced
- 3 bay leaves
- 2 cups celery chopped
- 10 cup rice long-grain cooked
- 1 cup flour all-purpose
- 6 cloves garlic minced
- 1 cup green onions chopped
- 2 cups bell pepper green chopped

- 0.3 teaspoon ground pepper red
- 20 ounce okra frozen sliced
- 2 cups onion chopped
- 1 teaspoon oregano dried whole
- 12 ounce standard oysters fresh drained
- 1.5 teaspoons paprika
- 0.3 teaspoon pepper
- 2 teaspoons salt
- 1 pound shrimp fresh unpeeled
- 2 teaspoons thyme leaves dried whole
- 8 ounce tomato paste canned
- 1 cup vegetable oil
- 3 pound broiler-fryer
- 3 pound broiler-fryer

## Equipment

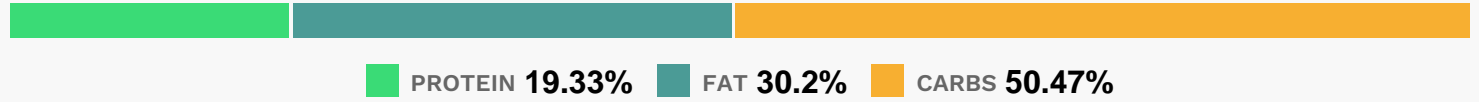
- broiler
- dutch oven

## Directions

- Place broiler-fryer in a Dutch oven; cover with water. Bring to a boil; cover, reduce heat, and simmer 1 hour.
- Remove chicken, reserving 9 cups broth. Bone and chop chicken.
- Combine flour and oil in a Dutch oven; cook over medium heat, stirring constantly, until mixture is chocolate colored (about 30 minutes).
- Add 2 cups onion and next 4 ingredients; saute 5 minutes or until tender.
- Add salt and next 6 ingredients; saute 2 minutes.
- Add reserved 9 cups broth, chicken, okra, tomato paste, and sausage. Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours, stirring occasionally. Discard bay leaves.

- Peel and devein shrimp.
- Add shrimp and oysters to broth mixture; simmer an additional 10 minutes or until shrimp turn pink and edges of oysters begin to curl.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:23.45, Glycemic Load:28.57, Inflammation Score:-7, Nutrition Score:13.05217380109%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg

## Nutrients (% of daily need)

Calories: 266.45kcal (13.32%), Fat: 8.97g (13.8%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.14g (11.33%), Sugar: 2.55g (2.84%), Cholesterol: 56.7mg (18.9%), Sodium: 473.78mg (20.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.85%), Manganese: 0.77mg (38.32%), Vitamin K: 30.53µg (29.07%), Vitamin C: 22.34mg (27.08%), Selenium: 13.64µg (19.49%), Phosphorus: 159.84mg (15.98%), Zinc: 2.26mg (15.07%), Copper: 0.3mg (14.91%), Vitamin B1: 0.21mg (14.15%), Vitamin B6: 0.28mg (13.95%), Vitamin B3: 2.69mg (13.47%), Magnesium: 47.44mg (11.86%), Potassium: 391.98mg (11.2%), Folate: 44.67µg (11.17%), Fiber: 2.59g (10.37%), Vitamin A: 478.99IU (9.58%), Iron: 1.64mg (9.1%), Vitamin B2: 0.13mg (7.52%), Calcium: 72.19mg (7.22%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.37µg (6.18%), Vitamin E: 0.84mg (5.61%), Vitamin D: 0.32µg (2.12%)