






 **23%**  
HEALTH SCORE

# Cajun Seafood and Andouille Sausage Gumbo

 Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**972 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 9 oz andouille sausage cut into ½ inch rounds
- 2 bay leaves whole
- 0.5 t pepper white
- 1 Tablespoon pepper black
- 1 Tablespoon ground pepper
- 3 stalks celery cut into 1 inch pieces
- 3 C fish stock
- 2 C rice white washed and drained cooked

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- 0.5 crabmeat fresh canned
- 1 Tablespoon thyme dried
- 3 large cloves garlic chopped
- 1 jalapeno seeded
- 1 and orange peppers red chopped
- 1 Tablespoon oregano dried
- 10 oz dozens oysters with their juices
- 0.5 C vegetable oil; peanut oil preferred
- 1 pound shrimp
- 0.5 C flour white

## Equipment

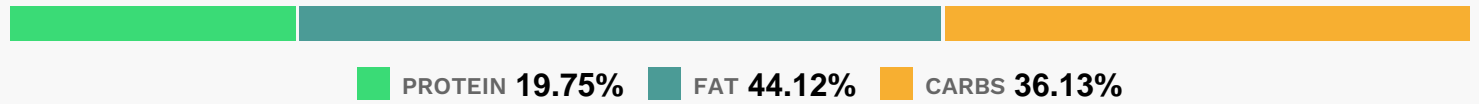
- bowl
- whisk
- dutch oven

## Directions

- In a small bowl, combine the seasoning ingredients and set aside.
- In a medium bowl, combine the onions, peppers and celery and set aside.
- In a lightly oiled 5 quart Dutch oven, brown the sausage rounds over medium high heat and set aside.
- Add the C oil and when it starts to smoke, slowly combine the flour and cook while whisking until the roux reaches a dark reddish brown color.
- Immediately add half of the vegetables and stir in for 1 minute. Then add the remaining vegetables, mix thoroughly and cook for 2 more minutes.
- Add the seasoning mix, stir in well and cook 2 more minutes or so. Then add the garlic, stir in and cook for another minute.

- Add the fish stock or clam juice and, mix well, bring to a boil and reduce to a simmer; then simmer this for about 30 minutes covered.
- Add the reserved browned sausage rounds, the crab, shrimps and oysters with their liquid and cook over medium heat for about 10 minutes stirring occasionally.

## Nutrition Facts



### Properties

Glycemic Index:149.25, Glycemic Load:81.44, Inflammation Score:-10, Nutrition Score:34.200869565217%

### Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

### Nutrients (% of daily need)

Calories: 971.51kcal (48.58%), Fat: 47.53g (73.13%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 87.59g (29.2%), Net Carbohydrates: 83.25g (30.27%), Sugar: 3.09g (3.43%), Cholesterol: 240.38mg (80.13%), Sodium: 1272.76mg (55.34%), Protein: 47.89g (95.78%), Manganese: 1.77mg (88.32%), Selenium: 39.79µg (56.84%), Vitamin C: 45.44mg (55.08%), Phosphorus: 548.33mg (54.83%), Copper: 1.04mg (51.99%), Zinc: 7.62mg (50.82%), Vitamin B3: 9.03mg (45.17%), Vitamin E: 6.62mg (44.16%), Vitamin K: 39.98µg (38.08%), Vitamin A: 1731.38IU (34.63%), Iron: 5.51mg (30.62%), Potassium: 1013.91mg (28.97%), Vitamin B6: 0.58mg (28.92%), Magnesium: 103.25mg (25.81%), Vitamin B1: 0.38mg (25.07%), Vitamin B12: 1.43µg (23.87%), Calcium: 230.7mg (23.07%), Vitamin B2: 0.35mg (20.84%), Folate: 77.12µg (19.28%), Fiber: 4.33g (17.33%), Vitamin B5: 1.7mg (16.97%), Vitamin D: 0.89µg (5.95%)