



Catfish Gumbo

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon cajun spice
- 14.5 ounce canned tomatoes diced canned
- 0.8 pound catfish filets cut into chunks
- 0.3 cup celery diced
- 10.5 ounce chicken broth canned
- 6 servings rice cooked drained for serving

- 1.5 tablespoons flour all-purpose
- 1 teaspoon garlic salt
- 0.5 bell pepper diced green
- 6 servings splash hot sauce
- 5 ounce package cut okra frozen
- 0.3 cup onions diced
- 3 ounces tomato paste
- 2 tablespoons vegetable oil

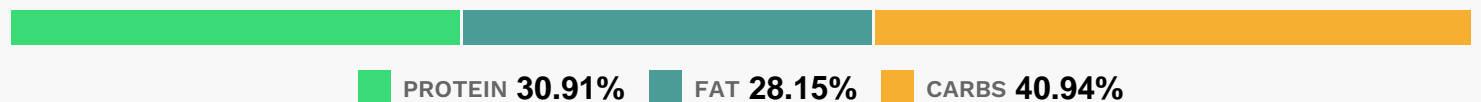
Equipment

- bowl
- pot

Directions

- In a small bowl, combine the pepper, garlic salt, Cajun seasoning, and bay leaf and mix well; set aside. In a large pot, heat the vegetable oil over high heat.
- Add the onions, celery, and green peppers and stir.
- Add the flour and stir until blended.
- Add the chicken broth and stir until smooth.
- Add the tomatoes, tomato paste, and okra and stir until mixed well.
- Add the hot sauce and seasoning mixture and mix well.
- Bring the gumbo to a boil and then reduce the heat to a simmer and simmer for 30 minutes, uncovered.
- Add the catfish and stir to mix well. Cover the pot and simmer for 20 minutes.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:69.17, Glycemic Load:27.87, Inflammation Score:-7, Nutrition Score:20.400869784148%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 344.13kcal (17.21%), Fat: 10.78g (16.58%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 31.71g (11.53%), Sugar: 5.86g (6.51%), Cholesterol: 57.69mg (19.23%), Sodium: 864.02mg (37.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.26%), Vitamin D: 7.14µg (47.58%), Manganese: 0.8mg (40.09%), Selenium: 24.25µg (34.65%), Vitamin B12: 1.76µg (29.34%), Vitamin C: 24.13mg (29.25%), Phosphorus: 285.62mg (28.56%), Vitamin K: 24.94µg (23.76%), Vitamin B6: 0.46mg (23.17%), Potassium: 777.59mg (22.22%), Vitamin B3: 4.32mg (21.6%), Vitamin B1: 0.27mg (17.92%), Vitamin A: 876.67IU (17.53%), Magnesium: 68.75mg (17.19%), Copper: 0.32mg (16%), Zinc: 2.39mg (15.96%), Vitamin E: 2.24mg (14.96%), Iron: 2.67mg (14.85%), Fiber: 3.56g (14.23%), Vitamin B2: 0.19mg (11.43%), Vitamin B5: 1.06mg (10.63%), Folate: 42.16µg (10.54%), Calcium: 77.63mg (7.76%)