



WHATSheATE



Crab and Shrimp Gumbo



Dairy Free



Popular

READY IN



145 min.

SERVINGS



10

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 2 bay leaves
- ☐ 10 servings old bay and/or cajun seasoning to taste (like Slap Ya Mama)
- ☐ 0.8 cup canola oil
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup celery chopped
- ☐ 10 servings rice hot cooked
- ☐ 0.3 teaspoon thyme leaves dried

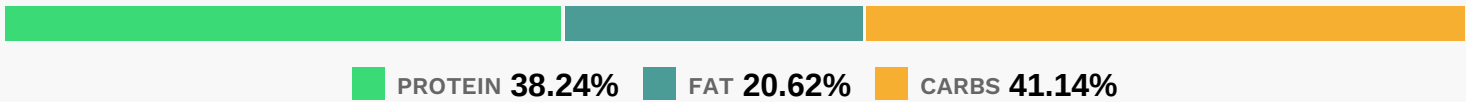
- ☐ 4 crabs blue
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup green onions sliced
- ☐ 1 pound gumbo crabs
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 pound lump crab meat
- ☐ 1 pound okra sliced
- ☐ 2 cups onions chopped
- ☐ 2 dashes pepper sauce hot
- ☐ 2 pounds shrimp
- ☐ 14.5 ounce tomatoes diced
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 quarts a combination

Equipment

Directions

- ☐ Recipe: Crab and Shrimp Gumbo
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 40 min |Cook time: 1 hour 45 min |

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:31.02, Inflammation Score:-9, Nutrition Score:33.455217319986%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.88mg, Quercetin: 16.88mg, Quercetin: 16.88mg, Quercetin: 16.88mg

Nutrients (% of daily need)

Calories: 458.73kcal (22.94%), Fat: 10.48g (16.12%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 47.06g (15.69%), Net Carbohydrates: 42.87g (15.59%), Sugar: 6.92g (7.69%), Cholesterol: 199.73mg (66.58%), Sodium: 1015.32mg (44.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.73g (87.46%), Vitamin B12: 7.91µg (131.82%), Selenium: 46.47µg (66.38%), Copper: 1.29mg (64.58%), Manganese: 1.05mg (52.46%), Phosphorus: 517.54mg (51.75%), Zinc: 6.59mg (43.93%), Vitamin C: 35.67mg (43.24%), Vitamin A: 1828.21IU (36.56%), Vitamin B3: 7.21mg (36.03%), Magnesium: 131.36mg (32.84%), Potassium: 1132.85mg (32.37%), Vitamin K: 32.18µg (30.65%), Vitamin B6: 0.59mg (29.28%), Folate: 113.18µg (28.3%), Vitamin B2: 0.42mg (24.43%), Vitamin B1: 0.34mg (22.42%), Calcium: 174.9mg (17.49%), Fiber: 4.19g (16.75%), Iron: 2.9mg (16.13%), Vitamin E: 2.19mg (14.6%), Vitamin B5: 0.93mg (9.28%)