



Crab and Vegetable Gumbo

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 0.3 cup carrots chopped
- ☐ 1 celery stalk sliced
- ☐ 2 cups rice long-grain white hot cooked
- ☐ 8 ounce crab claw meat
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon ground pepper red
- ☐ 16 ounce gumbo-blend vegetables frozen
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1 cup onion chopped
- ☐ 1 cup water

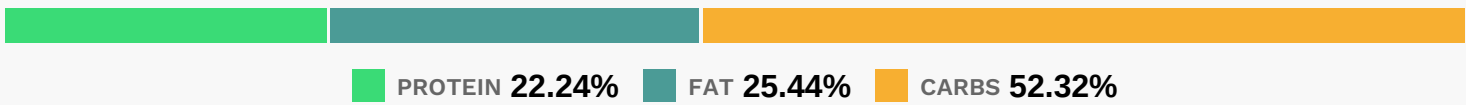
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat; cook 2 minutes or until lightly browned.
- ☐ Add onion and next 7 ingredients (through celery); cook 4 minutes, stirring occasionally.
- ☐ Increase heat to medium-high.
- ☐ Add chicken broth and vegetable blend.
- ☐ Combine 1 cup water and flour, stirring well; stir into broth mixture. Bring to a boil. Reduce heat, and simmer for 18 minutes.
- ☐ Add crab, and simmer for 2 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:114.71, Glycemic Load:32.05, Inflammation Score:-10, Nutrition Score:24.186521685642%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg,

Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 342.83kcal (17.14%), Fat: 9.88g (15.2%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 39.6g (14.4%), Sugar: 2.31g (2.57%), Cholesterol: 46.39mg (15.46%), Sodium: 1119.74mg (48.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin A: 7930.19IU (158.6%), Vitamin B12: 5.12µg (85.35%), Selenium: 28.7µg (41%), Manganese: 0.81mg (40.53%), Copper: 0.73mg (36.3%), Zinc: 4.43mg (29.57%), Phosphorus: 250.34mg (25.03%), Fiber: 6.12g (24.49%), Vitamin C: 19.6mg (23.75%), Potassium: 740.51mg (21.16%), Folate: 77.79µg (19.45%), Magnesium: 73.37mg (18.34%), Vitamin B6: 0.34mg (17.19%), Vitamin B1: 0.24mg (15.84%), Vitamin B3: 2.78mg (13.89%), Iron: 2.09mg (11.59%), Vitamin B2: 0.17mg (10.27%), Calcium: 84.44mg (8.44%), Vitamin B5: 0.81mg (8.05%), Vitamin K: 3.23µg (3.08%), Vitamin E: 0.45mg (2.97%)