



Dandelion Green Gumbo with Good Thyme Rice

READY IN



40 min.

SERVINGS



4

CALORIES



516 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bottle pale beer
- 2 tablespoons butter
- 15 ounce canned tomatoes diced crushed canned
- 3 ribs celery from the heart with greens chopped
- 3 tablespoons flour all-purpose
- 1 bay leaf fresh
- 4 sprigs thyme leaves fresh
- 4 cloves garlic finely chopped

- 3 teaspoons sauce to spicy heat level red hot (recommended: Frank's)
- 2 teaspoons lemon zest
- 0.3 teaspoon nutmeg grated
- 4 tablespoons olive oil extra-virgin divided
- 1 bell pepper red chopped
- 4 servings salt and pepper
- 2 scallions finely chopped
- 1 teaspoon paprika sweet
- 6 cups vegetable stock
- 1 cup rice white such as carolina brand
- 1 tablespoons worcestershire sauce
- 1 large onion yellow chopped
- 4 cups bundles stemmed chopped

Equipment

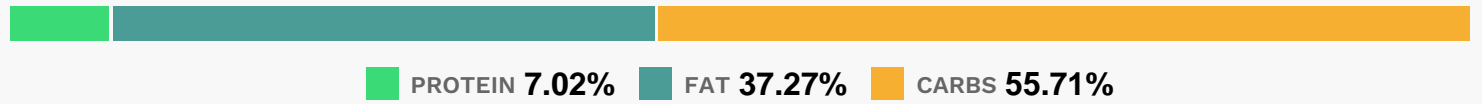
- frying pan
- pot

Directions

- Heat a sauce pot over medium heat.
- Add 2 tablespoons extra-virgin olive oil and rice. Toast rice 2 minutes, add 2 cups stock and thyme sprigs and bring to a boil. Cover the pot, reduce heat to simmer and cook 18 minutes or until tender.
- Heat a soup pot over medium to medium high heat.
- Add 2 tablespoons extra-virgin olive oil, 2 turns of the pan, and 2 tablespoons butter to the pot. When butter melts into oil, add garlic, celery, bell pepper and onion and season with salt, pepper and paprika. Cook to soften veggies, 5 minutes.
- Add bay leaf and flour and cook the flour another minute. Stir in the beer and reduce the liquid by half, a minute or so.
- Add hot sauce, Worcestershire and tomatoes.

- Add 1 quart stock to the pot, stir in the greens and season with nutmeg. Raise heat to bring to a quick boil then simmer 15 minutes until greens are no longer bitter. Adjust seasonings, to taste.
- Uncover rice and add lemon zest and scallions.
- Remove the thyme stems and fluff rice with a fork.
- Remove bay from gumbo. Scoop up gumbo and top with scoops of rice and serve.

Nutrition Facts



Properties

Glycemic Index:148.17, Glycemic Load:32.53, Inflammation Score:-10, Nutrition Score:30.524347905232%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 516.4kcal (25.82%), Fat: 21.06g (32.39%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 70.8g (23.6%), Net Carbohydrates: 63.69g (23.16%), Sugar: 12.1g (13.45%), Cholesterol: 15.05mg (5.02%), Sodium: 2034.3mg (88.45%), Alcohol: 3.32g (100%), Alcohol %: 0.53% (100%), Protein: 8.92g (17.85%), Vitamin K: 465.83µg (443.65%), Vitamin A: 8169.2IU (163.38%), Vitamin C: 76.34mg (92.54%), Manganese: 1.13mg (56.73%), Vitamin E: 6.2mg (41.33%), Vitamin B6: 0.63mg (31.32%), Fiber: 7.11g (28.45%), Iron: 4.75mg (26.39%), Potassium: 891.63mg (25.48%), Copper: 0.47mg (23.35%), Vitamin B1: 0.32mg (21.36%), Folate: 84.82µg (21.2%), Vitamin B2: 0.35mg (20.61%), Calcium: 202.11mg (20.21%), Vitamin B3: 3.84mg (19.21%), Magnesium: 75.13mg (18.78%), Phosphorus: 181.38mg (18.14%), Selenium: 11.25µg (16.07%), Vitamin B5: 1.13mg (11.34%), Zinc: 1.36mg (9.07%)