

# Duck and Andouille Gumbo

 Dairy Free

READY IN



220 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon allspice
- 1.3 lbs andouille sausage smoked sliced (or other spicy sausage)
- 3 bay leaves
- 42 ounce beef broth canned
- 1 cup canola oil
- 4 rib celery stalks finely chopped
- 1 teaspoon basil dried crumbled
- 0.8 cup flour

- 4 garlic clove minced
- 1 bell pepper green finely chopped
- 5 spring onion finely chopped
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground pepper red to taste (or )
- 8 servings pepper fresh
- 2 medium onion finely chopped
- 4 dashes hot sauce hot
- 0.5 teaspoon poultry seasoning
- 8 servings rice white cooked
- 2 teaspoons salt to taste (or )
- 4 cups water
- 0.3 cup worcestershire sauce
- 2 frangelico dry cut into serving pieces, patted (discard fat)
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## Equipment

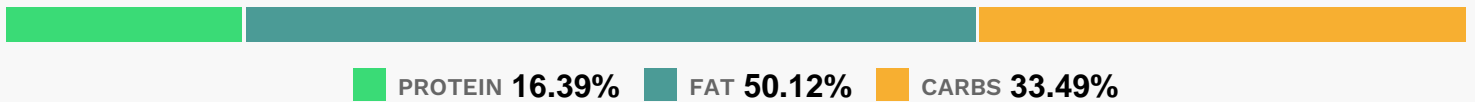
- frying pan
- paper towels
- ladle
- pot

## Directions

- Combine broth and water in stockpot and bring to a boil.Reduce heat and let it simmer while preparing duck.
- Heat oil in heavy large pot.
- Add duck a few pieces at a time and brown well.
- Drain on paper towels while browning remaining pieces.
- Add duck to stockpot.

- Pour about 3/4 cup of the hot oil into heavy medium skillet. Make roux by blending in the flour, stirring until a smooth paste is formed. Cook, stirring constantly, until roux is dark coffee-colored brown (this can take up to 30 minutes). Carefully stir in some of the hot stock to thin slightly.
- Add celery, onion, and bell pepper and stir constantly until very tender, about 5 minutes; add to stockpot.
- Add sausage to same skillet and brown well; drain off as much excess fat as possible and add sausage to stockpot. Keep gumbo at simmering point and add remaining ingredients except hot pepper sauce, green onion and rice and blend well. Cover partially and continue simmering until duck is very tender, about 2 1/2 hours.
- Remove from heat and add pepper sauce; blend well. Taste for seasoning, adding salt if needed.
- Let stand for 5 minutes. Skim off fat, then stir in green onion. Ladle gumbo over hot rice and pass additional hot pepper sauce, if desired.

## Nutrition Facts



### Properties

Glycemic Index: 49.25, Glycemic Load: 31.27, Inflammation Score: -5, Nutrition Score: 15.38043469968%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

### Nutrients (% of daily need)

Calories: 462.5kcal (23.12%), Fat: 25.66g (39.48%), Saturated Fat: 6.95g (43.45%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 36.85g (13.4%), Sugar: 3.44g (3.82%), Cholesterol: 60.95mg (20.32%), Sodium: 1835.73mg (79.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.76%), Selenium: 26.08µg (37.26%), Vitamin B3: 6.74mg (33.71%), Manganese: 0.64mg (32.06%), Vitamin K: 24.48µg (23.31%), Vitamin B1: 0.33mg (21.83%), Vitamin C: 17.15mg (20.79%), Phosphorus: 193.95mg (19.4%), Vitamin B6: 0.33mg (16.39%), Zinc: 2.37mg (15.78%), Potassium: 534.31mg (15.27%), Vitamin B2: 0.26mg (15.16%), Iron: 2.71mg (15.06%), Vitamin B12: 0.8µg (13.31%), Vitamin E: 1.81mg (12.05%), Folate: 40.68µg (10.17%), Copper: 0.2mg (9.78%), Vitamin B5: 0.97mg (9.69%), Magnesium: 36.59mg (9.15%), Fiber: 1.74g (6.94%), Vitamin D: 0.99µg (6.61%), Calcium: 59.9mg (5.99%),

Vitamin A: 202.2IU (4.04%)