

 56%
HEALTH SCORE

Duck-and-Sausage Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



1873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 large carrots cut into pieces
- ☐ 2 cups celery chopped
- ☐ 2 stalks celery with leaves, cut into pieces
- ☐ 7 servings rice hot cooked
- ☐ 0.8 teaspoon mustard dry
- ☐ 5 pound duck
- ☐ 1.5 cups flour all-purpose

- ☐ 2 tablespoons garlic minced
- ☐ 2 cups bell pepper green chopped
- ☐ 0.8 teaspoon ground pepper black
- ☐ 0.8 teaspoon ground pepper white
- ☐ 1 teaspoon ground pepper red
- ☐ 16 ounce okra frozen sliced
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds sausage smoked chopped
- ☐ 1 cup vegetable oil

Equipment

- ☐ frying pan
- ☐ dutch oven

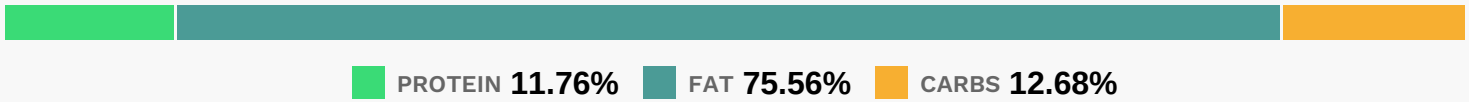
Directions

- ☐ BRING duck in water to cover to a boil in a Dutch oven. Skim off foam.
- ☐ Add celery pieces, carrot, and quartered onion. Cover, reduce heat, and simmer 1 hour.
- ☐ Remove duck from broth, reserving 8 cups broth. Discard vegetables. Set meat and broth aside to cool.
- ☐ Remove meat from bones, and chop into bite-size pieces.
- ☐ COMBINE flour and next 6 ingredients.
- ☐ Heat oil in a Dutch oven or large cast-iron skillet.
- ☐ Add flour mixture, and cook over medium heat, stirring constantly, until roux is chocolate colored (about 30 to 45 minutes). Reduce heat to medium-low; add bell pepper, chopped onion, chopped celery, and garlic. Cook, stirring constantly, until vegetables are tender. Gradually stir in reserved broth.
- ☐ Add chopped duck meat, sausage, okra, and bay leaf.
- ☐ BRING to a boil; reduce heat, and simmer 50 minutes. Discard bay leaf.

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Serve with hot cooked rice and French bread.

Nutrition Facts



Properties

Glycemic Index:67.55, Glycemic Load:41.43, Inflammation Score:-10, Nutrition Score:51.283043654069%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 1873.47kcal (93.67%), Fat: 156.21g (240.32%), Saturated Fat: 51.45g (321.56%), Carbohydrates: 58.98g (19.66%), Net Carbohydrates: 53.07g (19.3%), Sugar: 5.16g (5.73%), Cholesterol: 303.74mg (101.25%), Sodium: 1106.14mg (48.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.71g (109.42%), Selenium: 67.48µg (96.4%), Vitamin B3: 18.48mg (92.38%), Vitamin B1: 1.27mg (84.9%), Vitamin C: 64.44mg (78.11%), Manganese: 1.41mg (70.51%), Phosphorus: 682.22mg (68.22%), Vitamin A: 3327.85IU (66.56%), Vitamin K: 66.99µg (63.8%), Vitamin B2: 1.06mg (62.51%), Iron: 10.94mg (60.79%), Vitamin B6: 1.22mg (60.77%), Copper: 1.06mg (52.9%), Zinc: 7.34mg (48.94%), Vitamin B5: 4.27mg (42.73%), Folate: 165.97µg (41.49%), Potassium: 1385.33mg (39.58%), Vitamin B12: 2.03µg (33.88%), Magnesium: 128.01mg (32%), Fiber: 5.91g (23.65%), Vitamin E: 3.53mg (23.51%), Vitamin D: 3.16µg (21.06%), Calcium: 148.17mg (14.82%)