



WHATShEATE



Duck and Shrimp Gumbo



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



1884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1 cup celery stalks finely chopped
- ☐ 5.5 lb duck cut into 6 pieces (also called Pekin)
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup bell pepper green finely chopped
- ☐ 48 fl. oz. chicken broth reduced-sodium
- ☐ 2 cups onion finely chopped
- ☐ 1 cup bell pepper red finely chopped

- ☐ 6 servings rice white
- ☐ 2 teaspoons salt
- ☐ 1 cup spring onion thinly sliced (from 2 bunches)
- ☐ 1 lb shrimp deveined peeled per lb), and
- ☐ 4 bay leaves
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ spatula
- ☐ slotted spoon
- ☐ cutting board

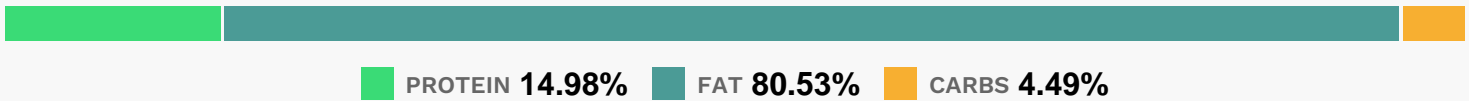
Directions

- ☐ Pat duck dry, then prick skin of duck all over with tip of a sharp knife.
- ☐ Heat oil in a wide 6-quart heavy pot over moderately high heat, then brown duck in 3 batches, skin side down, turning over once, 8 to 10 minutes per batch.
- ☐ Transfer duck to a bowl and pour off and discard all but 1/4 cup fat from pot.
- ☐ Reduce heat to moderately low, then add flour to fat in pot. Cook roux, stirring constantly with a wooden spatula or spoon, until well-browned (a shade darker than peanut butter), about 20 minutes.
- ☐ Add onions, celery, bell peppers, bay leaves, and salt and cook over moderately low heat, stirring occasionally, until vegetables are crisp-tender, 6 to 10 minutes.
- ☐ Add broth, water, and duck with any juices accumulated in bowl and bring to a boil, then reduce heat and simmer, uncovered, until duck is tender, 1 1/4 to 1 1/2 hours.
- ☐ Remove gumbo from heat, then transfer duck to a cutting board with a slotted spoon and shred meat into large pieces, discarding bones and skin. Skim fat from surface of gumbo, then

return duck to gumbo. Bring to a boil, then reduce to a simmer and stir in shrimp, scallions, and cayenne. Simmer gumbo until shrimp is just cooked through, about 2 minutes. Discard bay leaves.

- ☐ Serve gumbo over white rice.
- ☐ Gumbo, without shrimp, scallions, and cayenne, can be made 3 days ahead and cooled completely, uncovered, then chilled, covered. Bring to a boil, then reduce to a simmer and add shrimp, scallions, and cayenne and simmer until shrimp are just cooked through, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:50.2, Glycemic Load:8.05, Inflammation Score:-9, Nutrition Score:46.836521853571%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg

Nutrients (% of daily need)

Calories: 1884.44kcal (94.22%), Fat: 168g (258.47%), Saturated Fat: 55.9g (349.37%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 18.15g (6.6%), Sugar: 4.86g (5.4%), Cholesterol: 437.72mg (145.91%), Sodium: 1226.23mg (53.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.33g (140.66%), Vitamin B3: 20.8mg (104.02%), Vitamin C: 71.09mg (86.17%), Phosphorus: 860.52mg (86.05%), Selenium: 55.71µg (79.59%), Copper: 1.5mg (75.11%), Iron: 11.99mg (66.59%), Vitamin K: 69.84µg (66.51%), Vitamin B1: 0.97mg (64.44%), Vitamin B2: 1.06mg (62.5%), Vitamin B6: 1.04mg (51.88%), Zinc: 7.28mg (48.55%), Potassium: 1550.01mg (44.29%), Vitamin B5: 4.23mg (42.33%), Vitamin A: 1849.56IU (36.99%), Folate: 114.17µg (28.54%), Magnesium: 111.52mg (27.88%), Vitamin E: 3.76mg (25.07%), Vitamin B12: 1.28µg (21.27%), Vitamin D: 2.91µg (19.4%), Manganese: 0.36mg (17.88%), Calcium: 146.54mg (14.65%), Fiber: 2.89g (11.55%)