

Duck Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter melted
- ☐ 10 servings rice hot cooked
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 small bell pepper green seeded chopped
- ☐ 0.3 cup green onion tops chopped
- ☐ 4 medium onions chopped

- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon bell pepper red
- ☐ 2.5 teaspoons salt divided
- ☐ 2 pounds sausage smoked cut into 1/2-inch pieces
- ☐ 1 gallon water
- ☐ 14 pound ducklings
- ☐ 14 pound ducklings

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Sprinkle: 1 1/2 teaspoons salt and 1 teaspoon pepper over ducklings; set aside.
- ☐ Combine melted butter and flour in a large stockpot; cook over medium heat, stirring constantly, 45 minutes or until roux is color of a copper penny.
- ☐ Add onion, green pepper, and minced garlic; continue cooking 15 minutes or until vegetables are tender.
- ☐ Gradually add water, stirring until well blended.
- ☐ Add reserved duckling, sausage, and red pepper. Simmer, uncovered, 2 hours or until meat begins to fall off bones.
- ☐ Remove from heat; cool slightly. Cover; refrigerate overnight.
- ☐ Lift off and discard solidified fat from surface.
- ☐ Remove duckling; remove meat from bones, discarding bones. Chop meat into bite-size pieces; return to gumbo.
- ☐ Add remaining salt, onion, and parsley. Cook over low heat until thoroughly heated. Ladle over hot cooked rice in individual serving bowls.

Nutrition Facts



Properties

Glycemic Index:37.9, Glycemic Load:35.38, Inflammation Score:-8, Nutrition Score:16.361304283142%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 630kcal (31.5%), Fat: 42.86g (65.94%), Saturated Fat: 12.26g (76.65%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 41.9g (15.24%), Sugar: 2.25g (2.5%), Cholesterol: 64.41mg (21.47%), Sodium: 1588.65mg (69.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Vitamin K: 40.83µg (38.89%), Selenium: 24.55µg (35.07%), Manganese: 0.65mg (32.55%), Vitamin B1: 0.43mg (28.75%), Vitamin B12: 1.39µg (23.21%), Vitamin B3: 4.5mg (22.48%), Vitamin A: 1050.84IU (21.02%), Phosphorus: 174.9mg (17.49%), Zinc: 2.6mg (17.36%), Vitamin B2: 0.29mg (16.8%), Vitamin B6: 0.32mg (16.18%), Vitamin C: 13.13mg (15.92%), Folate: 54.99µg (13.75%), Iron: 2.27mg (12.59%), Copper: 0.23mg (11.51%), Potassium: 333.08mg (9.52%), Magnesium: 36.38mg (9.09%), Vitamin B5: 0.89mg (8.89%), Fiber: 1.92g (7.69%), Vitamin D: 1µg (6.65%), Vitamin E: 0.82mg (5.49%), Calcium: 54.14mg (5.41%)