



Frogmore Stew

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound andouille sausage cut into 1/2-inch slices
- 1 cup arugula coarsely chopped
- 0.3 cup celery stalks diced with their leaves (use the tender inner stalks) finely
- 1 cup wine dry white
- 3 ears corn
- 0.5 tablespoon thyme sprigs fresh coarsely chopped
- 2 medium garlic clove minced
- 1.5 teaspoons kosher salt as needed plus more

- 0.5 cup leek white thinly sliced
- 4 optional: lemon sliced
- 1 teaspoon old bay seasoning
- 2 tablespoons olive oil extra virgin extra-virgin
- 6 slices bacon with garlic, for serving
- 1 tablespoon flat parsley italian coarsely chopped
- 9 potatoes salted cooked drained
- 1.5 pounds shrimp fresh with the very end of the tail shell intact peeled
- 3 cups fish stock (clam juice works in a pinch)
- 1 cup sacramento tomato juice
- 1 cup tomatoes fresh coarsely chopped
- 2 tablespoons butter unsalted ()

Equipment

- bowl
- ladle
- pot

Directions

- Place a large pot over medium-high heat until hot, about 2 minutes.
- Add the olive oil, leeks, and celery and cook until just translucent, about 3 minutes.
- Add the tomatoes, garlic, and thyme and cook, stirring occasionally, until the garlic is fragrant, about 3 minutes.
- Add the white wine and let it reduce by about half.
- Add the Old Bay, tomato juice, fish stock, potatoes, corn, sausage, lemon, and 1/2 teaspoon of the salt and cook for 5 minutes. Meanwhile, season the shrimp with a 1/2 teaspoon of the salt and set the shrimp aside. Reduce the heat to medium low, add the shrimp, and cover with a tightfitting lid. Cook until the shrimp are cooked through and no longer translucent, about 5 minutes.

Add the arugula, parsley, butter, and remaining 1/2 teaspoon of salt and stir to combine. Cook until the butter is melted and the arugula is just wilted, about 1 minute more. Taste and season with additional salt as desired. Ladle the stew into 6 bowls and serve with a slice of grilled bread.

Nutrition Facts

PROTEIN 24.88% **FAT 37.32%** **CARBS 37.8%**

Properties

Glycemic Index:66.1, Glycemic Load:43.42, Inflammation Score:-9, Nutrition Score:37.843477995499%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 15.38mg, Eriodictyol: 15.38mg, Eriodictyol: 15.38mg, Eriodictyol: 15.38mg Hesperetin: 20.25mg, Hesperetin: 20.25mg, Hesperetin: 20.25mg, Hesperetin: 20.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 832.8kcal (41.64%), Fat: 34.41g (52.94%), Saturated Fat: 11.24g (70.27%), Carbohydrates: 78.4g (26.13%), Net Carbohydrates: 67.58g (24.57%), Sugar: 10.96g (12.18%), Cholesterol: 265.54mg (88.51%), Sodium: 1895.74mg (82.42%), Alcohol: 4.12g (100%), Alcohol %: 0.59% (100%), Protein: 51.62g (103.23%), Vitamin C: 118.67mg (143.84%), Potassium: 2500.13mg (71.43%), Phosphorus: 686.65mg (68.67%), Vitamin B6: 1.37mg (68.58%), Vitamin B3: 11.93mg (59.64%), Copper: 1.03mg (51.44%), Fiber: 10.82g (43.29%), Magnesium: 169.04mg (42.26%), Vitamin B1: 0.63mg (42.23%), Manganese: 0.83mg (41.66%), Zinc: 5.14mg (34.28%), Vitamin K: 34.63µg (32.98%), Iron: 5.86mg (32.55%), Selenium: 22.55µg (32.22%), Folate: 107.2µg (26.8%), Vitamin B5: 2.23mg (22.35%), Vitamin B2: 0.37mg (21.59%), Calcium: 206.28mg (20.63%), Vitamin A: 965.32IU (19.31%), Vitamin B12: 0.96µg (15.97%), Vitamin E: 2.22mg (14.78%), Vitamin D: 1.16µg (7.74%)