



## Gramercy Crawfish Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes undrained canned
- 0.3 cup celery leaves chopped
- 6 cups rice hot cooked
- 0.5 cup flour all-purpose
- 0.3 cup parsley fresh chopped
- 8 garlic cloves minced
- 0.3 cup bell pepper green finely chopped
- 1 teaspoon hot sauce

- 0.3 pound lump crab meat
- 12 ounces crawfish tail meat cooked
- 6 ounces okra pods sliced
- 1 cup onion finely chopped
- 2 teaspoons salt
- 2 tablespoons all that jazz seasoning
- 0.3 cup vegetable oil
- 8 cups water

## Equipment

- oven
- knife
- wire rack
- measuring cup
- dutch oven

## Directions

- Preheat oven to 350
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour in a 9-inch pie plate; bake at 350 for 45 minutes or until lightly browned, stirring frequently. Cool on a wire rack.
- Heat oil in a large Dutch oven over medium-high heat.
- Add onion; saut 4 minutes. Stir in browned flour; cook 1 minute, stirring constantly. Gradually stir in water and next 8 ingredients (water through tomatoes); bring to a boil. Reduce heat; simmer 1 hour.
- Stir in crawfish, crabmeat, and hot sauce. Bring to a boil; reduce heat, and simmer 25 minutes.
- Serve gumbo with rice; sprinkle with parsley, if desired.

## Nutrition Facts



■ PROTEIN **20.88%** ■ FAT **22.33%** ■ CARBS **56.79%**

## Properties

Glycemic Index:48.75, Glycemic Load:42.33, Inflammation Score:-7, Nutrition Score:23.375217076229%

## Flavonoids

Apigenin: 4.25mg, Apigenin: 4.25mg, Apigenin: 4.25mg, Apigenin: 4.25mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

## Nutrients (% of daily need)

Calories: 355.49kcal (17.77%), Fat: 8.85g (13.62%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 46.07g (16.75%), Sugar: 3.92g (4.35%), Cholesterol: 35.15mg (11.72%), Sodium: 893.74mg (38.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.25%), Vitamin K: 78.4µg (74.67%), Manganese: 1.17mg (58.28%), Selenium: 33.21µg (47.44%), Vitamin B6: 0.7mg (35.07%), Vitamin B3: 6.71mg (33.53%), Vitamin B12: 1.79µg (29.77%), Vitamin C: 20.79mg (25.2%), Copper: 0.48mg (24.15%), Phosphorus: 239.21mg (23.92%), Magnesium: 76.01mg (19%), Fiber: 4.58g (18.31%), Iron: 3.28mg (18.21%), Potassium: 586.26mg (16.75%), Zinc: 2.5mg (16.65%), Folate: 65.96µg (16.49%), Vitamin B1: 0.23mg (15.28%), Vitamin B5: 1.47mg (14.71%), Vitamin E: 2.12mg (14.15%), Calcium: 141.32mg (14.13%), Vitamin A: 552.74IU (11.05%), Vitamin B2: 0.18mg (10.59%)