



Green Onion Sausage and Shrimp Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



126 kcal

SAUCE

Ingredients

- ☐ 1 pinch allspice
- ☐ 1 tablespoon rendered bacon fat
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup tomatoes diced canned
- ☐ 1 tablespoon flour
- ☐ 1 clove garlic minced
- ☐ 0.5 bell pepper diced green seeded
- ☐ 1 green onion chopped

- ☐ 1 pound green onion pork sausage
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 small onion diced
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 6 servings salt
- ☐ 1 Leaves from 1 sprig thyme fresh
- ☐ 2 dashes worcestershire

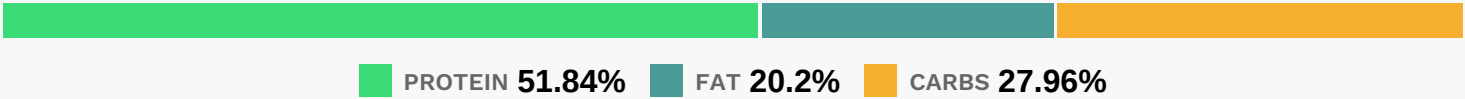
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Melt the bacon fat in a large heavy-bottomed pan over high heat, then add the pork sausage and cook, breaking up the meat with the back of a wooden spoon, until it is browned, 12–15 minutes.
- ☐ Add the onions and cook, stirring often with the spoon, until the onions are deep brown, about another 15 minutes.
- ☐ Reduce the heat to moderate, then sprinkle the flour into the pan, stirring to mix it into the sausage and onions. Cook for about 2 minutes to remove the raw flavor from the flour.
- ☐ Season the shrimp with salt and pepper, then add them to the pan, stirring and tossing them with a spatula. Sauté until they turn pink, about 3 minutes.
- ☐ Remove the shrimp from the pan and set aside while you continue making the sauce.
- ☐ Add the bell pepper, garlic, pepper flakes, allspice, Worcestershire, tomatoes, and Chicken Stock to the pan, stirring well. Increase heat and bring the sauce to a boil. Reduce the heat to low and cook for 15 minutes.
- ☐ Add the thyme, green onions, and shrimp and cook for another 5 minutes. Season with salt and pepper.
- ☐ Reprinted with permission from My New Orleans: The Cookbook, by John Besh., © September 2009 Andrews McMeel Publishing

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:13.447826038236%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 125.94kcal (6.3%), Fat: 2.97g (4.57%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.92g (3.25%), Cholesterol: 123.93mg (41.31%), Sodium: 329.47mg (14.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Vitamin K: 162.33µg (154.6%), Vitamin C: 25.15mg (30.48%), Phosphorus: 202.08mg (20.21%), Copper: 0.39mg (19.51%), Vitamin A: 933.97IU (18.68%), Folate: 56.46µg (14.12%), Potassium: 488.45mg (13.96%), Magnesium: 47.03mg (11.76%), Calcium: 116.07mg (11.61%), Manganese: 0.23mg (11.31%), Fiber: 2.73g (10.94%), Iron: 1.91mg (10.63%), Zinc: 1.4mg (9.36%), Vitamin B6: 0.11mg (5.65%), Vitamin B2: 0.09mg (5.1%), Vitamin B1: 0.07mg (4.79%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.69mg (3.43%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.11mg (1.12%)