



Gulf Coast Seafood Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups celery coarsely chopped
- ☐ 8 ounces crab meat fresh drained
- ☐ 1 tablespoons garlic chopped
- ☐ 1.5 cups spring onion sliced
- ☐ 1 pound okra fresh cut into 1/2-inch-wide pieces
- ☐ 3 tablespoons olive oil
- ☐ 16 ounce dozens oysters fresh
- ☐ 8 servings salt and pepper freshly ground to taste

- ☐ 1.8 pounds shrimp peeled
- ☐ 2.5 cups tomatoes peeled seeded chopped
- ☐ 0.3 cup flour all-purpose toasted
- ☐ 5 cups vegetable stock

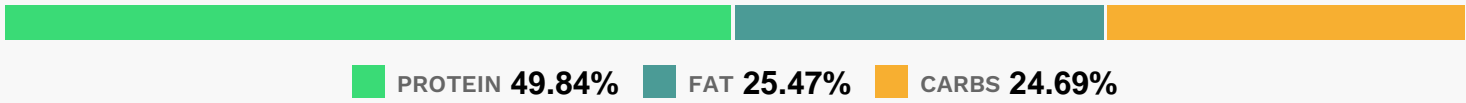
Equipment

- ☐ food processor
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Heat the oil in a large stainless-steel or enamel-coated pot over medium heat. Stir in toasted flour, blending well. Stir in green onions. (The flour will stick to the vegetables.) Continue cooking, stirring constantly, for 1 minute or until onions wilt.
- ☐ Add the celery, okra, tomatoes, and heated stock, stirring until well blended. Bring to a boil; reduce heat, and simmer, uncovered, for 40 minutes.
- ☐ Stir in shrimp, oysters, and crabmeat. Cook 3 minutes or until shrimp turns pink and oysters begin to curl. Stir in the garlic.
- ☐ Let stand 5 minutes. Season with salt and pepper.
- ☐ *To make toasted flour, spread 3/4 cup all-purpose flour in a shallow baking dish.
- ☐ Bake at 375 for 15 to 20 minutes, stirring often, or until flour is light beige (it will darken when mixed with fat). Cool; process in a blender or food processor to remove any lumps. Store, refrigerated, in an airtight container until ready to use.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:4.79, Inflammation Score:-8, Nutrition Score:22.643478061842%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 14.33mg, Quercetin: 14.33mg, Quercetin: 14.33mg, Quercetin: 14.33mg

Nutrients (% of daily need)

Calories: 218.9kcal (10.95%), Fat: 6.37g (9.8%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 10.29g (3.74%), Sugar: 4.31g (4.79%), Cholesterol: 173.92mg (57.97%), Sodium: 1181.14mg (51.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Vitamin K: 74.58µg (71.03%), Vitamin B12: 3.05µg (50.79%), Copper: 0.94mg (46.92%), Zinc: 5.81mg (38.76%), Phosphorus: 347.46mg (34.75%), Manganese: 0.67mg (33.61%), Vitamin C: 26.42mg (32.02%), Vitamin A: 1473.06IU (29.46%), Magnesium: 96.11mg (24.03%), Potassium: 767.02mg (21.91%), Folate: 86.69µg (21.67%), Selenium: 13.56µg (19.38%), Calcium: 162.26mg (16.23%), Fiber: 3.59g (14.37%), Vitamin B1: 0.19mg (12.98%), Vitamin B6: 0.26mg (12.85%), Iron: 2mg (11.14%), Vitamin E: 1.42mg (9.45%), Vitamin B3: 1.67mg (8.33%), Vitamin B2: 0.12mg (6.89%), Vitamin B5: 0.42mg (4.23%)