



## Gulf Coast Seafood Stew



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 ounces andouille sausage cut into 1/2-inch pieces
- ☐ 12 oz beer
- ☐ 1 tablespoon canola oil
- ☐ 2 rib celery
- ☐ 2 teaspoons creole seasoning
- ☐ 2 qt chicken broth fat-free reduced-sodium
- ☐ 2 bay leaves fresh
- ☐ 1 tablespoon thyme leaves fresh

- ☐ 3 garlic cloves chopped
- ☐ 1 bell pepper green chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings spiced mayonnaise
- ☐ 1 poblano pepper seeded chopped
- ☐ 1.5 pounds shrimp raw unpeeled
- ☐ 1 pound potatoes red halved
- ☐ 1 large onion sweet
- ☐ 1.5 pounds fish fillets fresh white cubed (such as snapper, grouper, or catfish)

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

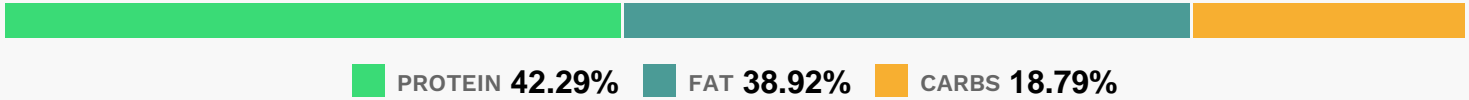
## Directions

- ☐ Peel shrimp; place shells in a saucepan. (Refrigerate shrimp until ready to use.)
- ☐ Add celery ends and onion peel to pan; chop remaining celery and onion, and reserve.(Using the leftover bits of onion and celery will layer the flavor and result in a flavorful broth.)
- ☐ Add broth; bring to a boil over medium-high heat. Reduce heat to low; simmer 30 minutes.
- ☐ Meanwhile, cook sausage in a large Dutch oven over medium-high heat, stirring often, 7 to 8 minutes or until browned.
- ☐ Remove sausage; pat dry. Wipe Dutch oven clean. Saut celery, onion, and peppers in hot oil in Dutch oven over medium-high heat 5 to 7 minutes or until onion is tender.
- ☐ Add garlic, and saut 45 seconds to 1 minute or until fragrant. Stir in potatoes, next 4 ingredients, and sausage.
- ☐ Pour broth mixture through a fine wire-mesh strainer into Dutch oven, discarding solids. Increase heat to high, and bring to a boil. Reduce heat to low, and cook, stirring occasionally,

20minutes or until potatoes are tender.

- ☐
- Add fish; cook 2 to 3 minutes or until just opaque.
- ☐
- Add shrimp, and cook 2 to 3 minutes or just until shrimp turn pink. If desired, stir in crawfish, and cook 2 to 3 minutes or until hot.
- ☐
- Add salt and pepper to taste.
- ☐
- Spoon seafood into warmed soup bowls. Top with broth mixture.
- ☐
- Serve immediately with Griddle Corn Cakes and Spiced Mayonnaise.

## Nutrition Facts



## Properties

Glycemic Index:30.81, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:25.054782514987%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 421.5kcal (21.07%), Fat: 16.3g (25.08%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 15.54g (5.65%), Sugar: 4.41g (4.9%), Cholesterol: 186.26mg (62.09%), Sodium: 1856.3mg (80.71%), Alcohol: 6.67g (100%), Alcohol %: 1.32% (100%), Protein: 39.85g (79.69%), Selenium: 75.69µg (108.13%), Vitamin B12: 3.19µg (53.1%), Phosphorus: 504.11mg (50.41%), Vitamin B3: 9.89mg (49.47%), Vitamin C: 32.93mg (39.92%), Vitamin B6: 0.66mg (32.87%), Potassium: 962.44mg (27.5%), Vitamin D: 3.32µg (22.11%), Copper: 0.43mg (21.47%), Magnesium: 75.24mg (18.81%), Vitamin B1: 0.26mg (17.64%), Zinc: 2.53mg (16.86%), Folate: 65.72µg (16.43%), Vitamin E: 2.43mg (16.18%), Vitamin B5: 1.53mg (15.28%), Manganese: 0.3mg (14.85%), Vitamin B2: 0.25mg (14.51%), Iron: 2.37mg (13.14%), Vitamin A: 537.92IU (10.76%), Calcium: 93.41mg (9.34%), Fiber: 2.16g (8.64%), Vitamin K: 7.32µg (6.97%)