



WHATSheATE



Gulf of Mexico Gumbo



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon creole seasoning
- ☐ 0.5 cup celery chopped
- ☐ 32 ounce bottled clam juice
- ☐ 4.5 cups rice long-grain hot cooked
- ☐ 0.8 pound crawfish tails peeled
- ☐ 1 cup flour all-purpose
- ☐ 4 garlic clove minced

- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup okra sliced
- ☐ 2 cups onion chopped
- ☐ 0.3 pound shrimp deveined peeled
- ☐ 0.5 pound fish fillet white red firm cut into 1-inch pieces
- ☐ 1 cup tomatoes chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 cups water

Equipment

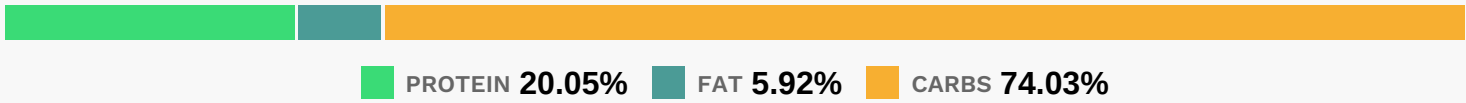
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place flour in a 9-inch cast-iron skillet; cook over medium heat 20 minutes or until browned, stirring constantly with a whisk. (If flour browns too fast, remove it from heat, and stir until it cools down.)
- ☐ Remove from heat; set aside.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion, bell pepper, celery, and garlic; saut 8 minutes or until vegetables are tender.
- ☐ Add okra and tomato; cover and cook 5 minutes, stirring occasionally.
- ☐ Add 1 1/2 cups water, Cajun-Creole Seasoning, clam juice, and bay leaves, and bring to a boil. Gradually add browned flour, stirring with a whisk. Reduce heat; simmer, uncovered, for 45 minutes, stirring occasionally.
- ☐ Add snapper; cook 5 minutes.
- ☐ Add green onions, crayfish, and shrimp; cook 10 minutes or until seafood is done. Stir in hot sauce; discard bay leaves.

- ☐
- Serve gumbo over rice.
- ☐
- Note: One (8-ounce) container select oysters, undrained, can be substituted for crayfish, if desired.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:32.89, Inflammation Score:-7, Nutrition Score:13.579565245172%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg

Nutrients (% of daily need)

Calories: 273.55kcal (13.68%), Fat: 1.79g (2.76%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 50.41g (16.8%), Net Carbohydrates: 47.62g (17.32%), Sugar: 6.1g (6.77%), Cholesterol: 39.1mg (13.03%), Sodium: 415.06mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Manganese: 0.73mg (36.73%), Selenium: 23.63µg (33.75%), Vitamin C: 27.29mg (33.07%), Phosphorus: 170.28mg (17.03%), Vitamin B6: 0.33mg (16.67%), Folate: 64.09µg (16.02%), Vitamin B1: 0.22mg (14.59%), Vitamin K: 15.07µg (14.35%), Vitamin B3: 2.82mg (14.1%), Copper: 0.26mg (13.02%), Potassium: 438.24mg (12.52%), Vitamin A: 579.1IU (11.58%), Magnesium: 45.93mg (11.48%), Fiber: 2.79g (11.17%), Vitamin B12: 0.57µg (9.48%), Iron: 1.56mg (8.66%), Vitamin B2: 0.14mg (8.45%), Zinc: 1.1mg (7.35%), Vitamin B5: 0.72mg (7.25%), Calcium: 59.92mg (5.99%), Vitamin D: 0.78µg (5.21%), Vitamin E: 0.58mg (3.86%)