



Gumbo

 Dairy Free

READY IN



160 min.

SERVINGS



10

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 beef bouillon cubes
- 14 ounce canned tomatoes with juice
- 3 stalks celery chopped
- 0.3 bunch flat parsley coarsely chopped chopped for garnish
- 0.5 cup flour all-purpose
- 8 cloves garlic minced
- 1 bell pepper green seeded chopped
- 4 green onions sliced

- 5 tablespoons butter
- 2 cups okra frozen sliced
- 1 large onion chopped
- 10 servings salt and pepper
- 0.5 pound shrimp deveined cooked peeled
- 3 large chicken breast halves boneless skinless
- 1 pound sausage smoked cut into 1/4-inch slices
- 0.3 cup vegetable oil
- 4 cups water hot
- 0.3 cup worcestershire sauce

Equipment

- whisk
- dutch oven

Directions

- Season the chicken with salt and pepper.
- Heat the oil in a heavy bottomed Dutch oven over medium-high heat. Cook the chicken until browned on both sides and remove.
- Add the sausage and cook until browned, then remove.
- Sprinkle the flour over the oil, add 2 tablespoons of margarine and cook over medium heat, stirring constantly, until brown, about 10 minutes.
- Let the roux cool.
- Return the Dutch oven to low heat and melt the remaining 3 tablespoons margarine.
- Add the onion, garlic, green pepper and celery and cook for 10 minutes.
- Add Worcestershire sauce, salt and pepper, to taste and the 1/4 bunch parsley. Cook, while stirring frequently, for 10 minutes.
- Add 4 cups hot water and bouillon cubes, whisking constantly.
- Add the chicken and sausage. Bring to a boil, then reduce the heat, cover, and simmer for 45 minutes.

Add tomatoes and okra. Cover and simmer for 1 hour. Just before serving add the green onions, shrimp and chopped parsley.

Nutrition Facts

PROTEIN 22.29% **FAT 63.38%** **CARBS 14.33%**

Properties

Glycemic Index:27, Glycemic Load:4.43, Inflammation Score:-7, Nutrition Score:15.298695802689%

Flavonoids

Apigenin: 3.41mg, Apigenin: 3.41mg, Apigenin: 3.41mg, Apigenin: 3.41mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 346.69kcal (17.33%), Fat: 24.39g (37.53%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 10.73g (3.9%), Sugar: 2.52g (2.8%), Cholesterol: 90.5mg (30.17%), Sodium: 1298.92mg (56.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.61%), Vitamin K: 54.24µg (51.66%), Vitamin B3: 5.86mg (29.29%), Selenium: 20.13µg (28.76%), Vitamin C: 20.51mg (24.86%), Vitamin B6: 0.47mg (23.45%), Phosphorus: 213.33mg (21.33%), Vitamin B1: 0.26mg (17.54%), Manganese: 0.33mg (16.71%), Potassium: 508.25mg (14.52%), Vitamin A: 675.54IU (13.51%), Vitamin B12: 0.78µg (13%), Zinc: 1.76mg (11.75%), Vitamin B2: 0.19mg (11.31%), Magnesium: 44.31mg (11.08%), Copper: 0.22mg (10.8%), Folate: 41.54µg (10.38%), Iron: 1.82mg (10.1%), Vitamin B5: 0.85mg (8.54%), Calcium: 69.54mg (6.95%), Fiber: 1.68g (6.72%), Vitamin E: 0.91mg (6.06%), Vitamin D: 0.53µg (3.55%)