



# Gumbo



Dairy Free



Popular

READY IN

ready

160 min.

SERVINGS

servings

10

CALORIES

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

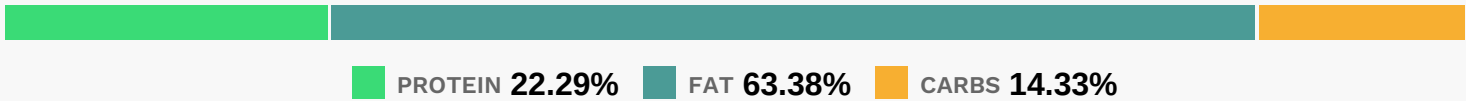
## Directions

- ☐ 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.

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

## Nutrition Facts



## 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%)