



## Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black
- 32 ounce chicken broth
- 8 servings rice hot cooked
- 1 teaspoons filé powder
- 0.3 cup flour all-purpose
- 8 servings bread french
- 3 garlic cloves diced
- 1 medium size bell pepper green chopped

- 4 green onions chopped
- 0.5 teaspoon ground pepper red
- 1 medium onion chopped
- 1 teaspoon salt
- 2 pounds shrimp fresh unpeeled
- 0.3 cup vegetable oil

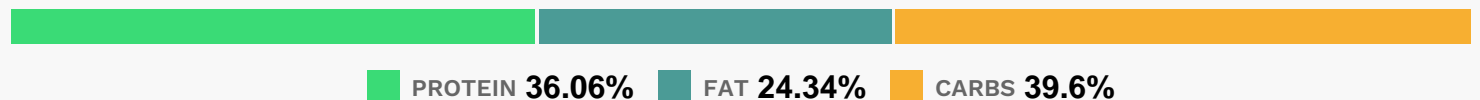
## Equipment

- whisk
- dutch oven

## Directions

- Peel shrimp, and devein, if desired; set aside.
- Cook oil and flour in a Dutch oven over medium heat, whisking roux constantly until it is a dark caramel color (about 12 minutes).
- Reduce heat to low; add onion and bell pepper, and saute 5 minutes or until tender.
- Add broth gradually, stirring until blended. Stir in garlic and next 3 ingredients; cover and simmer, stirring occasionally, 30 minutes.
- Add shrimp and green onions; cook, covered, 10 minutes or just until shrimp turn pink.
- Remove from heat, and stir in file powder.
- Let stand 10 minutes before serving; serve over rice with French bread.
- Prep: 30 min., Cook: 1 hr., Stand: 10 min.

## Nutrition Facts



## Properties

Glycemic Index:53.44, Glycemic Load:27.04, Inflammation Score:-3, Nutrition Score:10.74391294044%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## **Nutrients (% of daily need)**

Calories: 296.15kcal (14.81%), Fat: 8g (12.31%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 28.06g (10.21%), Sugar: 1.69g (1.88%), Cholesterol: 184.84mg (61.61%), Sodium: 855.46mg (37.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.31%), Phosphorus: 298.11mg (29.81%), Manganese: 0.59mg (29.69%), Copper: 0.55mg (27.48%), Vitamin K: 26.65µg (25.38%), Vitamin C: 14.55mg (17.64%), Magnesium: 56.45mg (14.11%), Zinc: 2.11mg (14.06%), Potassium: 425.86mg (12.17%), Selenium: 8.28µg (11.82%), Calcium: 98.6mg (9.86%), Vitamin B6: 0.15mg (7.37%), Iron: 1.27mg (7.07%), Vitamin B2: 0.12mg (6.84%), Vitamin B1: 0.1mg (6.56%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 0.98mg (4.92%), Fiber: 1.21g (4.83%), Folate: 18.9µg (4.72%), Vitamin B5: 0.39mg (3.85%), Vitamin A: 170.88IU (3.42%)