



Gumbo Casserole with Creamed Garlic Shrimp

READY IN



122 min.

SERVINGS



8

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 0.3 cup celery finely chopped
- 0.5 cup chicken broth
- 1 pound pasta like spaghetti uncooked cooked
- 1 tablespoon creole seasoning with tony chachere's)
- 1 teaspoon thyme leaves dried
- 3 tablespoons flour all-purpose
- 2 garlic cloves minced
- 0.3 cup bell pepper green finely chopped

- 4 green onions chopped
- 8 servings garnish: additional green onions chopped
- 0.3 cup onion finely chopped
- 1 teaspoon oregano dried
- 1 cup parmesan cheese freshly grated
- 0.5 teaspoon pepper
- 0.8 teaspoon salt
- 2 pounds shrimp fresh unpeeled
- 1 tablespoon vegetable oil
- 2 cups whipping cream

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Peel and devein shrimp, if desired.
- Combine shrimp and Creole seasoning in a medium bowl; set aside.
- Cook bacon drippings, flour, and oil in a large skillet over medium heat, whisking constantly, 20 to 25 minutes or until roux is the dark brown color of pecan shells.
- Add 1/3 cup onion and next 3 ingredients; cook 5 minutes or until tender.
- Add thyme and next 3 ingredients; cook 1 minute, stirring constantly.
- Add shrimp and 4 green onions; cook over medium-high heat 3 minutes or until shrimp are almost done; transfer to a large bowl.
- Add broth to skillet, scraping bottom of skillet to loosen browned bits.

- Add whipping cream. Bring to a boil over medium-high heat; reduce heat, and simmer 6 minutes.
- Add to shrimp. Stir in cooked pasta; toss well to combine.
- Pour into a lightly greased 13" x 9" baking dish.
- Sprinkle with Parmesan cheese.
- Bake, uncovered, at 350 for 20 minutes or until thoroughly heated.
- Garnish, if desired.

Nutrition Facts

PROTEIN 25.1%

FAT 54.92%

CARBS 19.98%

Properties

Glycemic Index:44.44, Glycemic Load:10.05, Inflammation Score:-8, Nutrition Score:14.790000065513%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 511.2kcal (25.56%), Fat: 31.51g (48.48%), Saturated Fat: 17.51g (109.43%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 23.73g (8.63%), Sugar: 2.99g (3.32%), Cholesterol: 264.3mg (88.1%), Sodium: 654.35mg (28.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.8%), Phosphorus: 405.36mg (40.54%), Vitamin K: 36.23µg (34.5%), Selenium: 22.45µg (32.07%), Vitamin A: 1414.52IU (28.29%), Copper: 0.55mg (27.25%), Calcium: 249.13mg (24.91%), Manganese: 0.36mg (18.04%), Zinc: 2.64mg (17.59%), Magnesium: 65.66mg (16.41%), Potassium: 495.63mg (14.16%), Vitamin B2: 0.21mg (12.53%), Iron: 2.12mg (11.75%), Vitamin C: 9.01mg (10.92%), Fiber: 2.06g (8.26%), Vitamin E: 1.16mg (7.72%), Vitamin D: 1.1µg (7.35%), Folate: 24.97µg (6.24%), Vitamin B6: 0.12mg (6.03%), Vitamin B1: 0.07mg (4.71%), Vitamin B12: 0.27µg (4.45%), Vitamin B3: 0.67mg (3.33%), Vitamin B5: 0.31mg (3.12%)