

Gumbo Filé

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 14 ounce canned tomatoes canned
- 9 servings ground pepper to taste
- 2 tablespoons celery leaves chopped
- 1 tablespoon filé powder (available at some specialty foods shops)
- 2 tablespoons flour all-purpose
- 2 garlic clove with 1/2 teaspoon salt minced mashed
- 2 tablespoons bell pepper green finely chopped

- 0.5 cup ham chopped
- 6 small rum picked over
- 1 pound okra rinsed trimmed sliced thin
- 0.3 cup onion chopped
- 6 parsley
- 0.3 cup shortening
- 0.8 pound shrimp shelled
- 1 thyme leaves

Equipment

- frying pan

Directions

- In a kettle blanch the crabs in boiling water for 2 minutes, drain them, and let them cool until they can be handled. Discard the top shells, the aprons, the gills, the sand sacs, and the mouths and reserve the crabs.
- In a heavy skillet, preferably cast-iron, melt the shortening over moderately low heat, add the flour, and cook the roux, stirring constantly, for 30 minutes, or until it is the color of cocoa. Stir in the onion and cook the mixture, stirring, until the onion begins to brown.
- Add the okra and cook the mixture over moderate heat, stirring frequently, until the okra is golden. In a kettle bring 8 cups water to a boil, add the roux mixture, the ham, the tomatoes with the juice, the bell pepper, the garlic paste, the bay leaf, the parsley, the thyme, and the celery leaves, and simmer the mixture, stirring occasionally, for 50 minutes. Stir in the reserved crabs and simmer the gumbo for 5 minutes. Stir in the shrimp and the lump crabmeat, if used, simmer the gumbo for 5 minutes, or until the shrimp are firm, and season it with the cayenne and salt. Discard the bay leaf and serve the gumbo sprinkled with the filé powder.

Nutrition Facts



■ PROTEIN 29.32% ■ FAT 44.57% ■ CARBS 26.11%

Properties

Glycemic Index:40.89, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:12.376956460269%

Flavonoids

Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 150.11kcal (7.51%), Fat: 7.8g (12%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 7.02g (2.55%), Sugar: 3.19g (3.55%), Cholesterol: 65.68mg (21.89%), Sodium: 203.28mg (8.84%), Alcohol: 0.22g (100%), Alcohol %: 0.17% (100%), Protein: 11.54g (23.08%), Vitamin K: 34.83µg (33.17%), Manganese: 0.57mg (28.48%), Vitamin A: 1372.55IU (27.45%), Vitamin C: 20.55mg (24.91%), Phosphorus: 154.1mg (15.41%), Copper: 0.31mg (15.39%), Magnesium: 57.37mg (14.34%), Vitamin B1: 0.21mg (13.82%), Vitamin B6: 0.28mg (13.79%), Potassium: 469.77mg (13.42%), Fiber: 3.26g (13.03%), Vitamin E: 1.68mg (11.23%), Folate: 44.71µg (11.18%), Calcium: 89.54mg (8.95%), Vitamin B3: 1.7mg (8.52%), Iron: 1.49mg (8.26%), Zinc: 1.19mg (7.94%), Vitamin B2: 0.1mg (6.04%), Selenium: 3.26µg (4.65%), Vitamin B5: 0.35mg (3.5%)