



Gumbo Gravy over Stone-ground Grits

 Dairy Free

READY IN



245 min.

SERVINGS



6

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 ounces andouille sausage diced
- ☐ 1.5 teaspoons cajun spice
- ☐ 1 cup fat-skimmed beef broth fat-free reduced-sodium
- ☐ 3 tablespoons flour
- ☐ 2 garlic clove minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 6 servings spring onion sliced
- ☐ 1 cup okra fresh sliced

- ☐ 2 large plum tomatoes diced peeled seeded
- ☐ 1 pound shrimp raw deveined peeled
- ☐ 6 servings grits stone-ground
- ☐ 1 cup onion diced sweet
- ☐ 2 teaspoons vegetable oil

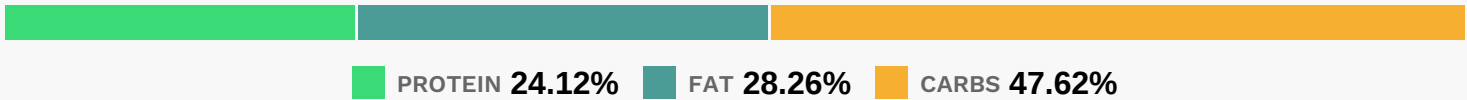
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss shrimp in Cajun seasoning in a medium bowl.
- ☐ Cook sausage in a large skillet coated with cooking spray over medium heat 5 minutes or until lightly browned.
- ☐ Add oil, onion, and next 2 ingredients; saut 3 minutes or until tender.
- ☐ Sprinkle Browned Flour over sausage mixture; stir until blended. Stir in chicken broth, and increase heat to medium-high. Bring to a boil, stirring often, and boil, stirring occasionally, 3 minutes or until thickened.
- ☐ Add shrimp, okra, and tomatoes. Cook 5 minutes or just until shrimp turn pink.
- ☐ Serve over grits.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:15.616086814715%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg

0.35mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 343.98kcal (17.2%), Fat: 10.74g (16.52%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 38.42g (13.97%), Sugar: 3.25g (3.62%), Cholesterol: 119.64mg (39.88%), Sodium: 820.03mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.25%), Selenium: 37.44µg (53.48%), Phosphorus: 293.51mg (29.35%), Vitamin C: 19.37mg (23.48%), Vitamin K: 23.8µg (22.67%), Vitamin B3: 4.45mg (22.26%), Vitamin B12: 1.19µg (19.88%), Vitamin B6: 0.38mg (19.14%), Vitamin A: 875.04IU (17.5%), Manganese: 0.32mg (15.95%), Vitamin B1: 0.24mg (15.76%), Copper: 0.26mg (13.23%), Magnesium: 50.66mg (12.66%), Potassium: 435.42mg (12.44%), Zinc: 1.86mg (12.41%), Folate: 48.43µg (12.11%), Vitamin E: 1.77mg (11.77%), Fiber: 2.31g (9.24%), Iron: 1.6mg (8.88%), Vitamin B2: 0.14mg (8.12%), Vitamin B5: 0.81mg (8.11%), Calcium: 75.81mg (7.58%), Vitamin D: 0.47µg (3.15%)