



Home-Style Gumbo

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



5

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cooking oil
- 1 cup onion chopped
- 1 cup celery chopped
- 1 medium bell pepper green chopped
- 2 garlic clove minced
- 0.5 lb pork loin boneless cut into thin strips
- 2.5 cups chicken broth
- 0.5 teaspoon thyme leaves dried

- 0.5 teaspoon basil dried
- 0.5 teaspoon sauce of the chicken from the turbo broiler
- 14.5 oz tomatoes diced organic undrained canned
- 1 cup rice instant uncooked
- 12 oz shrimp frozen shelled thawed deveined cooked

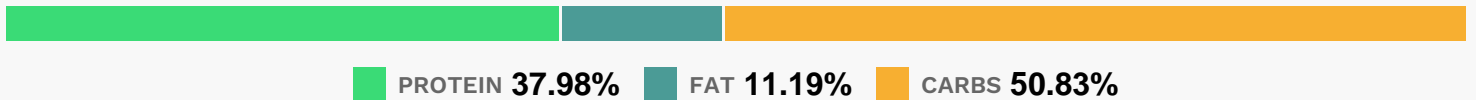
Equipment

- dutch oven

Directions

- Heat oil in Dutch oven over medium-high heat until hot.
- Add onions, celery, bell pepper and garlic; cook and stir 5 minutes.
- Add pork; cook 2 to 3 minutes or until no longer pink.
- Add broth, thyme, basil, hot pepper sauce and tomatoes; mix well. Bring to a boil. Stir in rice and shrimp.
- Remove from heat; cover and let stand 5 minutes or until shrimp are hot. If desired, serve with additional hot pepper sauce.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:19.59, Inflammation Score:-8, Nutrition Score:16.993913090747%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 304.29kcal (15.21%), Fat: 3.76g (5.79%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 35.65g (12.96%), Sugar: 4.92g (5.47%), Cholesterol: 140.47mg (46.82%), Sodium: 578.64mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Vitamin C: 34.09mg (41.32%), Manganese: 0.7mg (35.02%), Phosphorus: 335.85mg (33.59%), Vitamin B6: 0.59mg (29.62%), Selenium: 19.04µg (27.19%), Copper: 0.48mg (24.1%), Potassium: 757.36mg (21.64%), Vitamin B1: 0.32mg (21.14%), Vitamin B3: 4.18mg (20.88%), Vitamin A: 876.94IU (17.54%), Zinc: 2.49mg (16.6%), Magnesium: 64.21mg (16.05%), Vitamin K: 16.65µg (15.85%), Vitamin B2: 0.22mg (12.83%), Fiber: 2.83g (11.32%), Calcium: 92.14mg (9.21%), Vitamin B5: 0.92mg (9.18%), Iron: 1.53mg (8.51%), Folate: 31.46µg (7.87%), Vitamin E: 0.89mg (5.94%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.18µg (1.21%)