



Light Seafood Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1.8 cups celery chopped
- ☐ 24 ounce skinned chicken breast halves
- ☐ 6 cups rice long-grain cooked (without salt or fat)
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 1.5 cups bell pepper green chopped

- ☐ 13.8 ounce no-salt-added chicken broth canned
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried whole
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 1.5 teaspoons thyme leaves dried whole
- ☐ 6 ounce no-salt-added tomato paste canned
- ☐ 0.5 pound turkey sausage smoked sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 2 quarts water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

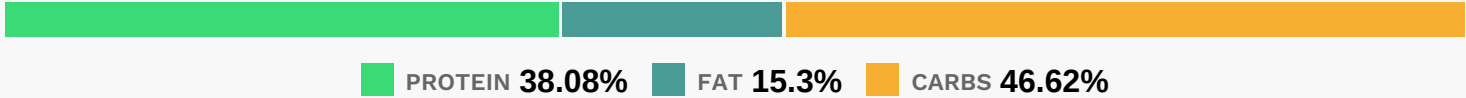
Directions

- ☐ Combine chicken and water in a Dutch oven; bring to a boil. Reduce heat; simmer 45 minutes. Cover; chill 8 hours.
- ☐ Remove chicken; skim and discard fat from broth, reserving broth. Bone and chop chicken.
- ☐ Place flour in a 15- x 10- x 1-inch jellyroll pan.
- ☐ Bake at 350 for 1 hour or until very brown, stirring every 15 minutes. Set aside.
- ☐ Coat a Dutch oven with cooking spray; add oil.
- ☐ Place over medium heat until hot.
- ☐ Add onion and next 4 ingredients; saute until tender.
- ☐ Add thyme and next 3 ingredients.
- ☐ Add browned flour; stir until smooth.
- ☐ Add reserved broth, chicken, canned broth, tomato paste, and sausage. Bring to a boil; reduce heat, and simmer, uncovered, 1 hour. Peel and devein shrimp; add to broth mixture. Cover and

simmer 10 minutes or until shrimp turn pink. Discard bay leaves.

☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:28.57, Inflammation Score:-7, Nutrition Score:16.863912846731%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 294.91kcal (14.75%), Fat: 4.97g (7.65%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 31.77g (11.55%), Sugar: 3.71g (4.13%), Cholesterol: 111.32mg (37.11%), Sodium: 367.71mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.84g (55.69%), Vitamin B3: 8.5mg (42.5%), Selenium: 26.96µg (38.52%), Vitamin B6: 0.72mg (35.92%), Phosphorus: 313.24mg (31.32%), Manganese: 0.6mg (30.13%), Vitamin C: 22.8mg (27.63%), Vitamin K: 21.59µg (20.56%), Potassium: 693.68mg (19.82%), Copper: 0.37mg (18.63%), Magnesium: 58.17mg (14.54%), Vitamin B5: 1.45mg (14.51%), Zinc: 2.11mg (14.04%), Vitamin B2: 0.2mg (11.48%), Iron: 1.98mg (11%), Vitamin B1: 0.15mg (9.82%), Fiber: 2.32g (9.27%), Vitamin A: 434.15IU (8.68%), Folate: 32.54µg (8.14%), Calcium: 74.73mg (7.47%), Vitamin E: 1.05mg (6.98%), Vitamin B12: 0.39µg (6.53%)