



Merwin's Shrimp Gumbo

 Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.1 teaspoon cayenne pepper
- 4 pound meat from a rotisserie chicken cut into parts
- 1 teaspoon thyme leaves dried
- 8 servings filé powder
- 0.7 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 tablespoon garlic minced

- 0.7 cup bell pepper green finely chopped
- 0.5 cup green onions chopped
- 8 servings ground pepper black to taste
- 2 cups onion chopped
- 8 servings salt to taste
- 2 pounds shrimp deveined peeled
- 1 pound sausage smoked cut into 1/4 inch rounds
- 0.5 cup vegetable oil
- 8 cups water

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- In a medium skillet, brown the sausage over medium heat.
- Remove from pan, and drain on paper towels to remove some of the fat. Discard fat in pan.
- In a large skillet, heat vegetable oil over high heat. Brown chicken pieces in hot oil. Turn frequently until golden brown on all sides.
- Transfer chicken to a dish, leaving oil in pan. Set chicken aside, but keep warm.
- Make a roux by whisking flour into the hot vegetable oil. Turn heat down to low. Continue cooking flour and oil mixture, stirring constantly, until it reaches a dark brown color. This may take 30 to 45 minutes; the darker the roux, the better the final gumbo.
- When the roux is a dark brown color, quickly add the sausage, onion, green onion tops, green pepper, parsley, and garlic. Cook over low heat until the vegetables are wilted, about 10 minutes, stirring constantly.
- Stir in 2 cups water and spices.
- Add chicken parts.

- Add rest of the water slowly. Bring mixture to a boil, and reduce heat. Simmer for about 45 minutes, until chicken is done and tender.
- Remove chicken pieces, and save for another use.
- Add shrimp to gumbo; cook for about 8 to 10 minutes more.
- Remove bay leaves. Taste, and adjust seasoning.
- Serve gumbo in deep bowls.
- Sprinkle file powder over individual servings, and stir in.

Nutrition Facts

PROTEIN 35.73%

FAT 54.32%

CARBS 9.95%

Properties

Glycemic Index:33.75, Glycemic Load:6.83, Inflammation Score:-6, Nutrition Score:20.725652238597%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 586.22kcal (29.31%), Fat: 34.97g (53.79%), Saturated Fat: 10.49g (65.58%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 12.94g (4.71%), Sugar: 2.19g (2.44%), Cholesterol: 304.47mg (101.49%), Sodium: 901.59mg (39.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.74g (103.49%), Vitamin B3: 10.02mg (50.09%), Phosphorus: 493.65mg (49.37%), Selenium: 27.03µg (38.61%), Vitamin K: 39.44µg (37.56%), Copper: 0.62mg (30.94%), Zinc: 4.38mg (29.2%), Vitamin B6: 0.58mg (28.85%), Vitamin B1: 0.33mg (21.81%), Vitamin C: 17.6mg (21.33%), Potassium: 733.5mg (20.96%), Magnesium: 80.69mg (20.17%), Vitamin B12: 1.19µg (19.89%), Vitamin B2: 0.3mg (17.7%), Iron: 3.1mg (17.21%), Vitamin B5: 1.36mg (13.63%), Manganese: 0.27mg (13.55%), Calcium: 118.49mg (11.85%), Folate: 42.69µg (10.67%), Vitamin A: 365.64IU (7.31%), Fiber: 1.48g (5.9%), Vitamin D: 0.84µg (5.61%), Vitamin E: 0.67mg (4.48%)