



Nana's Chicken Seafood Gumbo

 Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 celery stalk chopped
- 8 cups chicken stock see
- 1 cup meat from a rotisserie chicken cooked chopped
- 0.5 cup flour all-purpose
- 2 cloves garlic
- 1 bell pepper green chopped
- 1 Dash hot sauce (recommended: Tabasco)
- 0.5 juice of lemon juiced

- 0.3 cup catsup
- 1 pound lump crab meat
- 1 pound okra sliced
- 1 pound shrimp
- 2 large tomatoes diced
- 0.5 cup vegetable oil
- 1 Dash worcestershire sauce
- 1 onion yellow chopped

Equipment

- whisk
- dutch oven

Directions

- In a heavy Dutch oven, heat oil.
- Add the flour and stir and cook until the mixture darkens to a brown color, about the shade of peanut butter.
- Add the celery, onion, green bell pepper and garlic and saute until tender.
- Whisk in chicken stock, add the ketchup, chopped tomato, and okra.
- Let simmer for 2 1/2 hours. About 10 minutes before serving time add cooked chicken, crabmeat and shrimp and simmer.
- Add lemon juice, hot sauce and Worcestershire.

Nutrition Facts



PROTEIN 45.24% **FAT 22.53%** **CARBS 32.23%**

Properties

Glycemic Index:40.67, Glycemic Load:7.93, Inflammation Score:-9, Nutrition Score:35.164782980214%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 20.48mg, Quercetin: 20.48mg, Quercetin: 20.48mg, Quercetin: 20.48mg

Nutrients (% of daily need)

Calories: 411.49kcal (20.57%), Fat: 10.3g (15.85%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 29.02g (10.55%), Sugar: 11.28g (12.53%), Cholesterol: 180.57mg (60.19%), Sodium: 1300.97mg (56.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.54g (93.09%), Vitamin B12: 6.87µg (114.53%), Copper: 1.34mg (67.23%), Selenium: 44.67µg (63.81%), Vitamin C: 50.68mg (61.43%), Phosphorus: 544.34mg (54.43%), Vitamin B3: 9.73mg (48.65%), Zinc: 7.02mg (46.78%), Manganese: 0.87mg (43.34%), Vitamin K: 37.86µg (36.06%), Vitamin B6: 0.72mg (35.81%), Potassium: 1223.45mg (34.96%), Magnesium: 138.87mg (34.72%), Folate: 131.1µg (32.78%), Vitamin B1: 0.44mg (29.21%), Vitamin B2: 0.48mg (28.02%), Vitamin A: 1212.39IU (24.25%), Calcium: 175.29mg (17.53%), Iron: 3.08mg (17.11%), Fiber: 4.15g (16.59%), Vitamin B5: 0.83mg (8.34%), Vitamin E: 1.16mg (7.74%)