



New Orleans "Best" Gumbo

 Dairy Free

READY IN



190 min.

SERVINGS



15

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups water
- 1 pound chicken gizzards chopped
- 2 tablespoons lawry's seasoned salt
- 2 teaspoons parsley
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon thyme leaves dried
- 1 teaspoon pepper black

- 1 teaspoon paprika
- 1 Dash ground pepper red (cayenne)
- 1.5 cups bell pepper green chopped
- 1 cup onion chopped
- 5 cloves garlic finely chopped
- 2 pounds mild sausage links to package directions and coin uncooked cut into 1-inch slices
- 0.5 cup vegetable oil
- 1 cup flour all-purpose
- 4 cups water hot
- 1 pound okra frozen chopped
- 6 ounces crab meat frozen ready-to-serve thawed drained
- 2 pounds shrimp fresh deveined uncooked peeled
- 8 ounces regular hamburger smoked drained canned
- 1 serving rice hot cooked

Equipment

- sauce pan
- pot

Directions

- In 8-quart pot, heat 6 cups water to boiling.
- Add gizzards, seasoned salt, parsley, garlic powder, onion powder, thyme, black pepper, paprika, red pepper, bell pepper, onion and garlic.
- Heat to boiling; reduce heat. Simmer uncovered 1 hour, stirring occasionally. Stir in sausage. Cover and simmer 1 hour, stirring occasionally.
- Meanwhile, in heavy 2-quart saucepan, heat oil over high heat. Stir in flour; reduce heat to medium. Cook 15 to 20 minutes, stirring constantly, until mixture is dark brown; remove from heat.
- Stir flour mixture into gizzard mixture until blended. Stir in 4 cups hot water, 1 cup at a time, stirring constantly. Stir in okra, crabmeat, shrimp and oysters.

Heat to boiling; reduce heat to low. Simmer uncovered 5 to 10 minutes or until shrimp are pink and firm.

Serve over rice.

Nutrition Facts

PROTEIN 28.95% **FAT 44.75%** **CARBS 26.3%**

Properties

Glycemic Index:29.33, Glycemic Load:7.01, Inflammation Score:-8, Nutrition Score:27.446956385737%

Flavonoids

Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg

Nutrients (% of daily need)

Calories: 395.06kcal (19.75%), Fat: 19.7g (30.3%), Saturated Fat: 6.01g (37.56%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 22.31g (8.11%), Sugar: 2.91g (3.23%), Cholesterol: 206.46mg (68.82%), Sodium: 1894.7mg (82.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.35%), Vitamin B12: 3.78µg (63.02%), Manganese: 1.05mg (52.42%), Selenium: 35.34µg (50.48%), Folate: 185.4µg (46.35%), Vitamin B3: 8.46mg (42.32%), Iron: 7.13mg (39.62%), Phosphorus: 393.75mg (39.37%), Zinc: 5.56mg (37.04%), Vitamin B6: 0.67mg (33.4%), Vitamin B1: 0.47mg (31.35%), Vitamin C: 25.42mg (30.81%), Copper: 0.48mg (24.09%), Vitamin B2: 0.39mg (23.23%), Magnesium: 71.72mg (17.93%), Fiber: 3.74g (14.95%), Potassium: 517.3mg (14.78%), Vitamin A: 712.1IU (14.24%), Vitamin K: 14.55µg (13.86%), Calcium: 121.81mg (12.18%), Vitamin B5: 1.18mg (11.76%), Vitamin E: 1.4mg (9.31%), Vitamin D: 1.32µg (8.77%)