



New Orleans "Best" Gumbo

 Dairy Free

READY IN



190 min.

SERVINGS



15

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 1 pound chicken chopped
- 15 servings rice hot cooked
- 6 ounces crab meat frozen ready-to-serve thawed drained
- 1 cup flour all-purpose
- 5 cloves garlic finely chopped
- 1 tablespoon garlic powder
- 1.5 cups bell pepper green chopped

- 1 Dash ground pepper red (cayenne)
- 1 pound okra frozen chopped
- 1 cup onion chopped
- 1 tablespoon onion powder
- 1 teaspoon paprika
- 2 teaspoons parsley
- 8 ounces regular hamburger smoked drained canned
- 2 pounds mild sausage links to package directions and coin uncooked cut into 1-inch slices
- 2 tablespoons lawry's seasoned salt
- 2 pounds shrimp fresh deveined uncooked peeled
- 1 teaspoon thyme leaves dried
- 0.5 cup vegetable oil
- 4 cups water hot
- 6 cups water

Equipment

- sauce pan
- pot

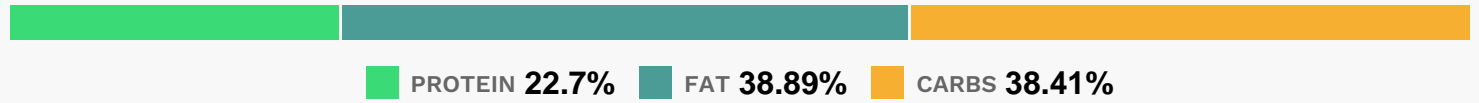
Directions

- 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



Properties

Glycemic Index:29.33, Glycemic Load:29.33, Inflammation Score:-8, Nutrition Score:26.984347633694%

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: 488.55kcal (24.43%), Fat: 21.07g (32.42%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 42.79g (15.56%), Sugar: 2.95g (3.27%), Cholesterol: 135.4mg (45.13%), Sodium: 1861.15mg (80.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.35%), Manganese: 1.37mg (68.67%), Selenium: 34.25µg (48.92%), Folate: 186.66µg (46.67%), Vitamin B12: 2.73µg (45.58%), Phosphorus: 397.2mg (39.72%), Vitamin B3: 7.86mg (39.3%), Iron: 6.57mg (36.5%), Vitamin B6: 0.73mg (36.37%), Zinc: 5.19mg (34.61%), Vitamin B1: 0.48mg (31.68%), Vitamin C: 23.77mg (28.82%), Copper: 0.47mg (23.66%), Magnesium: 77.72mg (19.43%), Vitamin B2: 0.32mg (19%), Fiber: 4.03g (16.13%), Potassium: 514.6mg (14.7%), Vitamin K: 14.77µg (14.07%), Vitamin A: 685.85IU (13.72%), Vitamin B5: 1.32mg (13.19%), Calcium: 125.94mg (12.59%), Vitamin E: 1.4mg (9.35%), Vitamin D: 1.19µg (7.96%)