



Okra Gumbo

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 32 ounce chicken broth
- 3 cups rice hot cooked
- 1 pint okra gumbo freezer mix
- 0.3 teaspoon pepper
- 1 pound shrimp fresh unpeeled

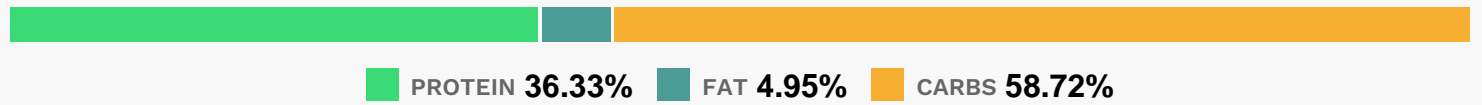
Equipment

- dutch oven

Directions

- Peel shrimp, and devein, if desired. Set aside.
- Bring Okra Gumbo Freezer
- Mix and next 3 ingredients to a boil in a Dutch oven over medium heat, stirring often. Cover, reduce heat, and simmer, stirring occasionally, 1 hour and 10 minutes.
- Add shrimp; cook 10 minutes or just until shrimp turn pink. Discard bay leaves, and serve over rice.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:39.6, Inflammation Score:-8, Nutrition Score:25.250000031098%

Flavonoids

Quercetin: 24.81mg, Quercetin: 24.81mg, Quercetin: 24.81mg, Quercetin: 24.81mg

Nutrients (% of daily need)

Calories: 336.28kcal (16.81%), Fat: 1.9g (2.93%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 44.52g (16.19%), Sugar: 7.31g (8.12%), Cholesterol: 187.11mg (62.37%), Sodium: 1121.5mg (48.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.83%), Manganese: 1.84mg (91.86%), Vitamin C: 36.66mg (44.44%), Copper: 0.88mg (43.89%), Phosphorus: 407.94mg (40.79%), Vitamin K: 42.68µg (40.65%), Magnesium: 144.37mg (36.09%), Potassium: 1038.14mg (29.66%), Vitamin B6: 0.52mg (25.95%), Vitamin B1: 0.39mg (25.68%), Fiber: 6.24g (24.97%), Calcium: 225.99mg (22.6%), Folate: 87.91µg (21.98%), Zinc: 3.22mg (21.49%), Vitamin A: 1073.15IU (21.46%), Vitamin B3: 3.41mg (17.05%), Iron: 3.07mg (17.04%), Vitamin B2: 0.27mg (16.11%), Selenium: 11.25µg (16.06%), Vitamin E: 1.74mg (11.62%), Vitamin B5: 1.06mg (10.6%)