



Savannah Seafood Gumbo

 Dairy Free

READY IN



165 min.

SERVINGS



10

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 cups bay scallops
- 0.3 cup pepper black
- 14.5 ounce canned tomatoes diced with garlic, basil, and oregano canned
- 0.5 teaspoon cayenne pepper
- 1 cup celery diced
- 1 tablespoon chicken stock cube
- 4 cups chicken broth

- 0.5 pound crab meat
- 1 teaspoon basil dried
- 0.3 cup parsley dried
- 1.5 teaspoons thyme leaves dried
- 10 servings filé powder
- 6 tablespoons flour all-purpose
- 3 large garlic cloves minced
- 0.3 cup garlic powder
- 1 cup bell pepper green chopped
- 1 teaspoon lemon pepper
- 2 cups oysters and liquor
- 0.3 cup oil
- 4 cups cut okra fresh ()
- 2 cups onion chopped
- 1 cup salt
- 4 cups sausage fresh cajun-style sliced
- 1.5 pounds shrimp fresh peeled
- 3 cups water
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- pot

Directions

- In a large pot combine oil and flour. Cook over medium heat stirring constantly until the roux has browned to a light chocolate color.
- Add onion, pepper, celery and garlic.

- Saute for 2 to 3 minutes, stirring constantly. Slowly add chicken broth, and chicken base, stirring as you go.
- Add water, bay leaves, thyme, basil, parsley, lemon pepper, cayenne pepper, House Seasoning, soy sauce and tomatoes.
- Cut sausage into 1/2-inch pieces.
- Add to pot along with okra. Cover pot and simmer for 1 to 1 1/2 hours, stirring occasionally.
- Add oysters, crabmeat, shrimp and scallops. Simmer for an additional 15 minutes.
- Serve over hot buttered rice.
- Sprinkle with file powder on top of bowl and stir in.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:5.66, Inflammation Score:-9, Nutrition Score:32.035217451013%

Flavonoids

Apigenin: 37.82mg, Apigenin: 37.82mg, Apigenin: 37.82mg, Apigenin: 37.82mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 4.36mg, Isorhamnetin: 4.36mg, Isorhamnetin: 4.36mg, Isorhamnetin: 4.36mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg

Nutrients (% of daily need)

Calories: 683.18kcal (34.16%), Fat: 32.44g (49.91%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 20.36g (7.4%), Sugar: 5.36g (5.96%), Cholesterol: 206.18mg (68.73%), Sodium: 13060.2mg (567.83%), Alcohol: 16.03g (100%), Alcohol %: 3.05% (100%), Protein: 45.75g (91.51%), Manganese: 1.58mg (78.99%), Phosphorus: 665.79mg (66.58%), Vitamin B12: 3.87µg (64.44%), Vitamin K: 49.05µg (46.72%), Copper: 0.88mg (44.1%), Zinc: 5.88mg (39.17%), Vitamin C: 31.9mg (38.66%), Vitamin B6: 0.74mg (37.23%), Vitamin B3: 6.98mg (34.92%), Vitamin B1: 0.51mg (33.93%), Potassium: 1182.72mg (33.79%), Selenium: 22.13µg (31.62%), Magnesium: 124.05mg (31.01%), Iron: 4.72mg (26.23%), Fiber: 5.59g (22.35%), Folate: 77.71µg (19.43%), Vitamin B2: 0.33mg (19.35%), Calcium: 192.84mg (19.28%), Vitamin E: 2.15mg (14.31%), Vitamin B5: 1.33mg (13.34%), Vitamin A: 658IU (13.16%), Vitamin D: 1.23µg (8.2%)