



Scallop and Vegetable Gumbo

READY IN



45 min.

SERVINGS



15

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup baby lima beans fresh
- 6 slices bacon
- 2 bay leaves
- 2 pounds bay scallops fresh
- 1 tablespoon butter melted
- 5 rib celery chopped
- 64 ounce chicken broth
- 15 servings rice hot cooked
- 1 cup corn kernels fresh yellow

- 1 cup flour all-purpose
- 8 ounce mushrooms fresh sliced
- 1 teaspoon rosemary fresh chopped
- 1.5 teaspoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 2 bell peppers green chopped
- 1 teaspoons hot sauce
- 1.5 cups okra sliced
- 2 medium onions chopped
- 0.5 teaspoon pepper freshly ground
- 15 servings pepper freshly ground
- 1 large potatoes cubed
- 1.8 teaspoons salt
- 1.5 cups tomatoes peeled seeded chopped
- 2 tablespoons vegetable oil

Equipment

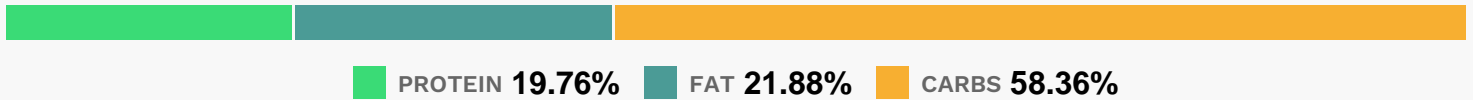
- frying pan
- paper towels
- whisk
- dutch oven

Directions

- Cook bacon in a Dutch oven until crisp; drain on paper towels, reserving drippings in pan. Crumble bacon, and set aside.
- Add vegetable oil to pan drippings; whisk in flour. Cook over medium-low heat, stirring constantly, until roux is caramel colored (about 25 minutes).
- Add celery and next 3 ingredients; cook, stirring constantly, 10 minutes or until tender.

- Stir in broth and next 4 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 1 hour, stirring occasionally and skimming as necessary. Stir in okra and next 3 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes.
- Saut mushrooms in butter in a large skillet over medium-high heat 3 to 4 minutes or until liquid evaporates.
- Add to broth mixture.
- Add bacon, scallops, and next 3 ingredients to broth; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until scallops are done; discard bay leaves.
- Serve over hot rice.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:41.85, Glycemic Load:32.48, Inflammation Score:-7, Nutrition Score:14.326087016126%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 299.21kcal (14.96%), Fat: 7.26g (11.17%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 40.56g (14.75%), Sugar: 3.23g (3.59%), Cholesterol: 24.75mg (8.25%), Sodium: 1040.24mg (45.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.51%), Manganese: 0.78mg (39.12%), Phosphorus: 325.18mg (32.52%), Vitamin C: 25.35mg (30.72%), Selenium: 20.67µg (29.53%), Vitamin B6: 0.35mg (17.44%), Vitamin B3: 3.2mg (16.02%), Vitamin B1: 0.23mg (15.6%), Vitamin B12: 0.93µg (15.48%), Potassium: 535.63mg (15.3%), Vitamin B2: 0.24mg (14.05%), Folate: 53.09µg (13.27%), Magnesium: 52.77mg (13.19%), Fiber: 3.03g (12.1%), Copper: 0.23mg (11.68%), Zinc: 1.57mg (10.48%), Vitamin B5: 1mg (9.97%), Vitamin K: 9.85µg (9.38%), Iron: 1.65mg (9.17%), Vitamin A: 333IU (6.66%), Calcium: 42.13mg (4.21%), Vitamin E: 0.48mg (3.17%)