



## Seafood File Gumbo

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

READY IN



**565 min.**

SERVINGS



**8**

CALORIES



**217 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf crushed
- 2 bay leaves
- 4 carrots sliced
- 0.5 bunch celery sliced
- 2 cups celery diced
- 0.8 cup corn oil
- 16 ounces crab meat
- 1 tablespoon basil dried

- 0.5 teaspoon thyme leaves dried
- 2 teaspoons thyme leaves dried
- 3 tablespoons filé powder
- 2 sprigs parsley fresh
- 1 teaspoon garlic minced
- 3 cloves garlic sliced
- 2 cups bell pepper green chopped
- 0.5 teaspoon ground pepper
- 0.5 tablespoon ground pepper white
- 0.5 teaspoon ground pepper black
- 1 teaspoon ground pepper black
- 2 cups onion diced
- 4 onions quartered
- 0.5 teaspoon oregano dried
- 1.5 teaspoons paprika
- 2 teaspoons pepper sauce hot
- 1 teaspoon salt
- 1 pound shrimp deveined peeled
- 1 pint shucked oysters
- 1.5 cups tomato sauce
- 5 quarts water

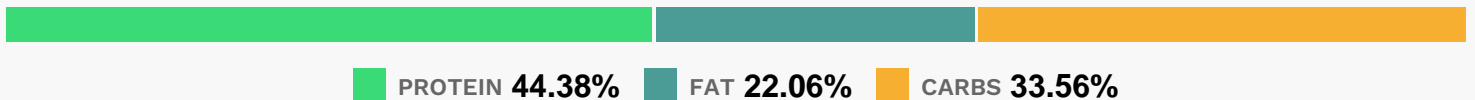
## Equipment

- bowl
- baking sheet
- oven
- pot

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Shell and devein the shrimp, reserve the shells.
- Place the shrimp in a covered bowl and refrigerate.
- Place the shells on a cookie sheet, and bake until the shells are dried and starting to brown on the edges. Turn off the oven.
- Make the stock: In a 8 quart pot, put 5 quarts of water, 4 carrots, 4 onions, and celery.
- Add 2 bay leaves, sliced garlic, parsley, cloves, 1 teaspoons black pepper, 1 tablespoon dried basil and 2 teaspoons dried thyme.
- Add the shrimp shells. Bring the stock slowly to boil. Reduce heat to a gentle simmer and cook 5 to 7 hours, replacing water as needed, 2 or 3 times, by pouring more water down side of pot.
- Remove stock from heat and strain. Press all liquid from the shells and vegetables, then discard them. Return liquid to heat and reduce stock to 2 to 3 quarts, or to your desired quantity (you will need 7 cups of this stock for this recipe). If clarity is desired, strain the stock through a cloth.
- In a small bowl, combine the ground red, white, and black peppers, paprika, thyme, oregano, bay leaf and salt and set aside.
- In a heavy pot, 5-quart or larger, heat oil over medium heat, warming the pot first.
- Add onions, celery and green pepper. Turn heat to high. Stirring frequently, add garlic, file, hot pepper sauce, and the pepper-herb mixture. Cook for 5 minutes, stirring constantly.
- Add tomato sauce and stir as it reduces over high heat.
- Add 7 cups of the stock and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally.
- When ready to serve, add shrimp, oysters, and crabmeat. Cover and wait 5 minutes. Turn off heat and let stand for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:53.48, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:29.24086937697%

## Flavonoids

Apigenin: 1.34mg, Apigenin: 1.34mg, Apigenin: 1.34mg, Apigenin: 1.34mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 4.76mg, Isorhamnetin: 4.76mg, Isorhamnetin: 4.76mg, Isorhamnetin: 4.76mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg

## Nutrients (% of daily need)

Calories: 217.43kcal (10.87%), Fat: 5.5g (8.47%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 13.82g (5.03%), Sugar: 8.51g (9.46%), Cholesterol: 117.46mg (39.15%), Sodium: 1160.47mg (50.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.83%), Vitamin A: 5856.4IU (117.13%), Vitamin B12: 5.62µg (93.67%), Vitamin C: 48.74mg (59.08%), Copper: 1.18mg (58.89%), Zinc: 7.05mg (46.98%), Vitamin K: 38.28µg (36.46%), Selenium: 23.01µg (32.87%), Phosphorus: 323.66mg (32.37%), Manganese: 0.53mg (26.51%), Potassium: 827.39mg (23.64%), Magnesium: 88.51mg (22.13%), Vitamin B6: 0.44mg (21.77%), Fiber: 5.02g (20.08%), Folate: 70.73µg (17.68%), Iron: 2.95mg (16.39%), Calcium: 163.37mg (16.34%), Vitamin E: 2.02mg (13.48%), Vitamin B3: 1.93mg (9.64%), Vitamin B1: 0.14mg (9.02%), Vitamin B2: 0.15mg (8.64%), Vitamin B5: 0.69mg (6.9%)