



Seafood Gumbo

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

READY IN



25 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon diced sliced
- 14 ounce canned tomatoes diced canned
- 1.5 cups celery sliced
- 2 cups chicken broth
- 1 pound crab meat fresh
- 2 garlic cloves minced
- 1.5 cups bell pepper green chopped
- 2 teaspoons kosher salt

- 10 ounce okra frozen thawed sliced
- 1 cup onion sliced
- 1 pound shrimp raw cleaned
- 1 teaspoon thyme leaves dried
- 2 tablespoons worcestershire sauce

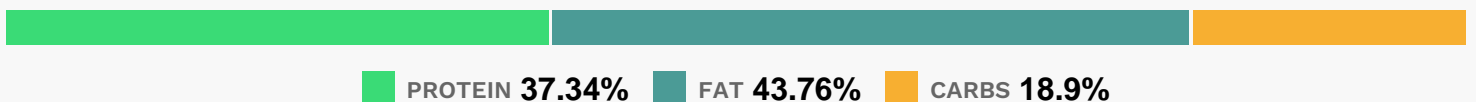
Equipment

- paper towels
- sauce pan
- slotted spoon

Directions

- Cook the bacon over medium heat in a heavy saucepan until crisp, stirring frequently.
- Remove with a slotted spoon and drain on a paper towel. Discard all but 2 tablespoons of the fat, then add the vegetables (except the okra), 4 cups of broth, Worcestershire, salt, and thyme. Cover and simmer over medium heat for 1 hour, stirring occasionally.
- Add the okra and cook 10 minutes longer. Stir in the shellfish and cook 5 minutes more, or until the shrimp curl and turn pink.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:31.940434445506%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.26mg, Quercetin: 16.26mg, Quercetin: 16.26mg, Quercetin: 16.26mg

Nutrients (% of daily need)

Calories: 344.1kcal (17.21%), Fat: 16.8g (25.85%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 12g (4.36%), Sugar: 6.89g (7.65%), Cholesterol: 153.52mg (51.17%), Sodium: 2562.78mg (111.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Vitamin B12: 7.85µg (130.79%), Selenium: 58.94µg (84.2%), Vitamin C: 56.53mg (68.52%), Copper: 1.1mg (54.77%), Phosphorus: 484.1mg (48.41%), Zinc: 6.34mg (42.28%), Manganese: 0.71mg (35.61%), Vitamin B6: 0.68mg (34.21%), Vitamin K: 28.86µg (27.48%), Magnesium: 109.87mg (27.47%), Vitamin B3: 5.49mg (27.46%), Folate: 103.09µg (25.77%), Potassium: 884.99mg (25.29%), Vitamin B1: 0.36mg (23.83%), Vitamin A: 922.43IU (18.45%), Fiber: 4.33g (17.31%), Calcium: 171.52mg (17.15%), Vitamin E: 2.36mg (15.75%), Iron: 2.58mg (14.35%), Vitamin B2: 0.23mg (13.26%), Vitamin B5: 1.15mg (11.55%), Vitamin D: 0.23µg (1.51%)