



Seafood Gumbo

READY IN



300 min.

SERVINGS



15

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 surimi crab sticks blue
- ☐ 1 pound crab meat
- ☐ 0.3 cup creole seasoning preferably Tony Chachere's
- ☐ 1 cup flour all-purpose
- ☐ 2 bell peppers green finely chopped
- ☐ 1 lobster tail
- ☐ 2 cups onion finely chopped
- ☐ 0.5 bunch parsley finely chopped
- ☐ 1 bunch scallions finely chopped

- ☐ 4 pounds shrimp deveined peeled
- ☐ 1 cup vegetable oil

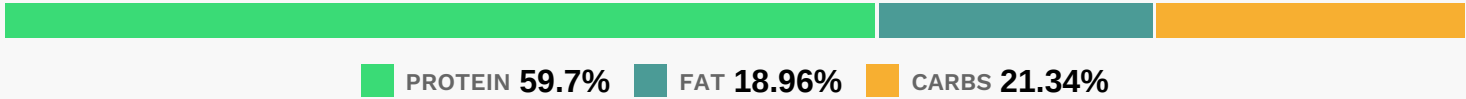
Equipment

- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Combine the flour and vegetable oil in a wide Dutch oven over medium-low heat and cook, whisking constantly, until dark brown, about 45 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Bring 10 quarts water to a boil in an extra-large, wide pot. Stir in the onion, bell peppers and roux and cook over medium heat, stirring occasionally, until the vegetables are very soft, about 45 minutes.
- ☐ Add the blue crab and lobster tail and boil until cooked through, 15 to 20 minutes.
- ☐ Remove the lobster tail and crab; discard the crab.
- ☐ Let the lobster cool slightly, then remove the meat from the shell and cut into small chunks; refrigerate until ready to use.
- ☐ Add the Creole seasoning to the pot and bring to a boil; cook until the liquid reduces by one-quarter, about 1 hour, 30 minutes.
- ☐ Add the shrimp and cook over medium heat until firm, about 20 minutes.
- ☐ Add the crabmeat and reserved lobster meat and cook 10 minutes. Stir in the scallions and parsley and remove from the heat. Cover and let stand 30 minutes.
- ☐ Serve over rice.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:5.5, Inflammation Score:-9, Nutrition Score:17.904782647672%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 212.99kcal (10.65%), Fat: 4.57g (7.02%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 9.52g (3.46%), Sugar: 1.77g (1.97%), Cholesterol: 212.83mg (70.94%), Sodium: 419.14mg (18.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.69%), Vitamin B12: 2.78µg (46.34%), Copper: 0.86mg (42.95%), Vitamin K: 44.27µg (42.16%), Vitamin A: 1883.32IU (37.67%), Phosphorus: 363.62mg (36.36%), Vitamin C: 22.3mg (27.03%), Zinc: 3.81mg (25.42%), Selenium: 17µg (24.29%), Magnesium: 71.61mg (17.9%), Potassium: 551.78mg (15.77%), Manganese: 0.24mg (12.05%), Calcium: 112.25mg (11.23%), Vitamin B6: 0.21mg (10.7%), Folate: 42.74µg (10.68%), Vitamin E: 1.54mg (10.28%), Iron: 1.75mg (9.74%), Fiber: 2.03g (8.14%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.37mg (6.85%), Vitamin B2: 0.1mg (6.14%), Vitamin B5: 0.25mg (2.54%)