



 **41%**
HEALTH SCORE

Seafood Gumbo

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves crumbled
- 1 bell pepper diced
- 0.5 teaspoon pepper black
- 0.5 teaspoon ground pepper
- 2 stalks celery diced
- 6 cups chicken broth
- 2 cups bottled clam juice
- 8 cups rice cooked

- 1 lb crab meat (I used claw crabmeat)
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 14.5 ounce canned tomatoes
- 3 garlic clove minced (I used 3)
- 4 spring onion chopped (garnish)
- 1 lb goat meat frozen thawed
- 1 cup okra frozen sliced (I used okra)
- 0.5 onion diced
- 2 cups dozens oysters drained cut into bite-size pieces
- 1 tablespoon salt
- 1.5 lbs shells peeled
- 0.8 cup vegetable oil (I used safflower oil)
- 0.8 cup flour whole wheat (I used)

Equipment

- frying pan
- pot

Directions

- Heat oil in large skillet or pot over medium high heat. Stir in flour; cooking until smooth and darkened to the color of a penny). Stir in next 11 ingredients (thyme - garlic) and cook until vegetables are tender (about 20-30 minutes -- my okra was still frozen when I added it, so it probably took a bit longer to cook than if I used fresh or thawed okra).
- Remove from heat and let cook for at least 30 minutes -- I did this part way ahead so mine cooled for over an hour. In a large soup pot bring chicken broth, clam juice and reserved shrimp shells (don't forget the shells - they add lots of flavor) to a boil and then cook for 10 minutes or so.
- Remove shells and discard. Stir in vegetable mixture into broth and cook until thickened over medium heat. Stir in tomatoes, seafood (oysters - shrimp) and simmer 20-30 minutes -- but this can be kept warm over very low heat (I kept mine warm for over an hour and it was

wonderful).

Serve over rice and sprinkle with green onions, if desired.

Nutrition Facts

PROTEIN 22.07% **FAT 10.16%** **CARBS 67.77%**

Properties

Glycemic Index:50, Glycemic Load:74.12, Inflammation Score:-9, Nutrition Score:37.770000120868%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 778.33kcal (38.92%), Fat: 8.64g (13.29%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 129.71g (43.24%), Net Carbohydrates: 123.24g (44.81%), Sugar: 7.74g (8.6%), Cholesterol: 66.11mg (22.04%), Sodium: 2382.18mg (103.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.23g (84.46%), Selenium: 113.9µg (162.71%), Manganese: 2.33mg (116.27%), Vitamin B12: 5.81µg (96.86%), Copper: 1.2mg (59.77%), Zinc: 8.76mg (58.41%), Phosphorus: 552.36mg (55.24%), Vitamin B3: 10.12mg (50.61%), Vitamin B6: 0.97mg (48.47%), Vitamin C: 32.88mg (39.85%), Magnesium: 141.01mg (35.25%), Vitamin K: 30.48µg (29.03%), Fiber: 6.47g (25.9%), Potassium: 837.73mg (23.94%), Vitamin B5: 2.26mg (22.6%), Vitamin B1: 0.32mg (21.37%), Vitamin A: 1048.05IU (20.96%), Folate: 81.04µg (20.26%), Iron: 3.6mg (19.99%), Vitamin B2: 0.32mg (19.06%), Calcium: 124.45mg (12.44%), Vitamin E: 1.25mg (8.32%)