

Seafood Gumbo



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf crushed
- ☐ 2 cups celery chopped
- ☐ 1 cup crab meat
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 tablespoons filé powder
- ☐ 7 cups fish stock
- ☐ 1 teaspoon garlic minced
- ☐ 2 cups bell pepper green chopped

- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper white
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 teaspoons paprika
- ☐ 2 teaspoons pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 1 pound shrimp – and deveined peeled for stock
- ☐ 2 cups shucked oysters
- ☐ 1.5 cups tomato sauce
- ☐ 0.8 cup vegetable oil

Equipment

- ☐ pot

Directions

- ☐ Combine the red, white, and black peppers, paprika, thyme, oregano, bay leaf, and salt; 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 sauce, and the pepper-herb mixture. Cook for 5 minutes, stirring constantly.
- ☐ Add tomato sauce, and stir as it reduces over high heat.
- ☐ Add fish 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.
- ☐ Serve.

Nutrition Facts



 **PROTEIN 46.73%**  **FAT 30.67%**  **CARBS 22.6%**

Properties

Glycemic Index:28.5, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:17.523913062137%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

Nutrients (% of daily need)

Calories: 180.65kcal (9.03%), Fat: 6.27g (9.64%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 7.67g (2.79%), Sugar: 4.87g (5.41%), Cholesterol: 102.59mg (34.2%), Sodium: 1485.46mg (64.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Vitamin C: 39.41mg (47.77%), Vitamin B12: 2.65µg (44.1%), Copper: 0.81mg (40.62%), Zinc: 4.95mg (32.97%), Phosphorus: 277.87mg (27.79%), Vitamin K: 22.09µg (21.04%), Potassium: 729.45mg (20.84%), Vitamin B3: 4.04mg (20.2%), Selenium: 11.04µg (15.78%), Calcium: 149.26mg (14.93%), Vitamin A: 711.54IU (14.23%), Vitamin B6: 0.27mg (13.48%), Manganese: 0.27mg (13.3%), Magnesium: 52.6mg (13.15%), Iron: 2.12mg (11.76%), Vitamin E: 1.76mg (11.73%), Folate: 43.67µg (10.92%), Fiber: 2.73g (10.9%), Vitamin B2: 0.15mg (8.97%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.39mg (3.93%)