



Seafood Gumbo Stock

 Dairy Free  Very Healthy

READY IN



470 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 carrots sliced
- ☐ 0.5 bunch celery sliced
- ☐ 1 tablespoon basil dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 sprigs parsley fresh
- ☐ 3 cloves garlic sliced
- ☐ 1 teaspoon ground pepper black

- ☐ 4 onions quartered
- ☐ 1 pound shells from shrimp
- ☐ 5 quarts water

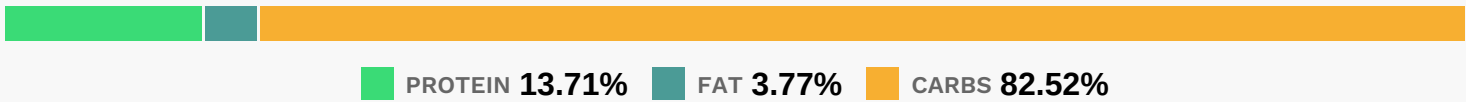
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Bake shrimp shells at 375 degrees F (195 degrees C) until dried and starting to brown on edges.
- ☐ In an 8-quart pot, combine water, carrots, onions, celery, bay leaves, garlic, parsley, cloves, pepper, basil, thyme and shrimp shells. Bring slowly to a boil.
- ☐ Reduce heat, and cook 5 to 7 hours. Replace water as needed, 2 or 3 times, by pouring more water down the inside of the pot.
- ☐ Remove stock from heat, and strain. Press all liquid from the shells and vegetables, then discard them. Return liquid to heat, and reduce to 2 to 3 quarts, or to taste.

Nutrition Facts



Properties

Glycemic Index:60.46, Glycemic Load:38.54, Inflammation Score:-10, Nutrition Score:26.335652061131%

Flavonoids

Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 22.52mg, Quercetin: 22.52mg, Quercetin: 22.52mg, Quercetin: 22.52mg

Nutrients (% of daily need)

Calories: 499.07kcal (24.95%), Fat: 2.09g (3.22%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 102.87g (34.29%), Net Carbohydrates: 94.82g (34.48%), Sugar: 10.71g (11.9%), Cholesterol: 0mg (0%), Sodium: 118.25mg (5.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Vitamin A: 10289.9IU (205.8%), Selenium: 72.7µg (103.85%), Manganese: 1.52mg (75.89%), Vitamin K: 44.84µg (42.71%), Fiber: 8.05g (32.21%), Copper: 0.63mg (31.44%), Phosphorus: 277.1mg (27.71%), Magnesium: 100.74mg (25.18%), Vitamin B6: 0.43mg (21.39%), Iron: 3.55mg (19.74%), Potassium: 670.75mg (19.16%), Vitamin C: 13.54mg (16.41%), Folate: 60.17µg (15.04%), Zinc: 2.2mg (14.66%), Calcium: 145.98mg (14.6%), Vitamin B3: 2.77mg (13.87%), Vitamin B1: 0.2mg (13.52%), Vitamin B2: 0.15mg (9.06%), Vitamin B5: 0.83mg (8.34%), Vitamin E: 0.72mg (4.79%)