

Shellfish Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 48 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 8 ounces lump crab meat
- ☐ 4 cups cut okra frozen
- ☐ 1.5 cups onion chopped

- ☐ 8 ounce standard oysters drained
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 ounces ham smoked chopped
- ☐ 1.5 cups tomatoes peeled seeded chopped
- ☐ 2 tablespoons vegetable oil

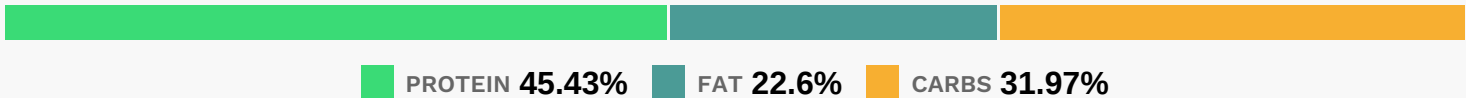
Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a 9-inch pie plate; bake at 350 for 45 minutes or until light brown. Cool on a wire rack.
- ☐ Heat the oil in a large Dutch oven over medium-high heat. Stir in 3 tablespoons toasted flour, and reserve remaining flour for another use.
- ☐ Add chopped onion and celery, and saut 2 minutes.
- ☐ Add the okra, chopped tomato, ham, and broth, and bring to a boil. Reduce heat, and simmer 45 minutes. Stir in minced garlic. Bring to a boil, and add the shrimp, crabmeat, and oysters. Cook for 2 minutes or until the shrimp are done and edges of oysters curl. Stir in the hot sauce.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:7.61, Inflammation Score:-8, Nutrition Score:23.742173733919%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.45mg, Quercetin: 22.45mg, Quercetin: 22.45mg, Quercetin: 22.45mg

Nutrients (% of daily need)

Calories: 245.26kcal (12.26%), Fat: 6.3g (9.7%), Saturated Fat: 1g (6.26%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 16.22g (5.9%), Sugar: 4.64g (5.15%), Cholesterol: 143.64mg (47.88%), Sodium: 1559.48mg (67.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Vitamin B12: 4.19µg (69.77%), Copper: 0.97mg (48.43%), Manganese: 0.79mg (39.7%), Phosphorus: 373.7mg (37.37%), Zinc: 5.6mg (37.32%), Selenium: 23.93µg (34.18%), Vitamin C: 27.34mg (33.14%), Vitamin K: 33.66µg (32.06%), Magnesium: 102.94mg (25.74%), Folate: 93.71µg (23.43%), Potassium: 784mg (22.4%), Vitamin B1: 0.3mg (19.81%), Vitamin B6: 0.37mg (18.56%), Vitamin B3: 3.51mg (17.53%), Calcium: 167.25mg (16.73%), Iron: 2.83mg (15.72%), Fiber: 3.85g (15.4%), Vitamin B2: 0.21mg (12.28%), Vitamin A: 597.49IU (11.95%), Vitamin B5: 0.77mg (7.69%), Vitamin E: 1.03mg (6.86%)