



Shrimp and Andouille Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound andouille sausage cut into 1/2-inch-thick rounds
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 cup celery minced
- ☐ 4 cups rice white cooked
- ☐ 2 teaspoons filé powder
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 cup bell pepper green minced
- ☐ 1 quart chicken stock see low-sodium
- ☐ 0.5 pound okra fresh trimmed cut into 1/2-inch-thick rounds
- ☐ 0.5 cup onion minced
- ☐ 8 servings pepper sauce such as tabasco hot
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled cut into 1/2-inch dice
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ baking spatula

Directions

- ☐ In 4-quart heavy stock pot over moderately high heat, heat oil. Reduce heat to moderately low and whisk in flour. Cook, stirring frequently with wooden spoon or heatproof silicone spatula, until mixture becomes dark brown and has intensely nutty aroma, 10 to 15 minutes.
- ☐ Stir in onion, pepper, and celery and cook, stirring frequently, until vegetables soften, about 2 minutes. Gradually whisk in stock. Raise heat to moderate and bring to simmer, then reduce heat to moderately low and simmer, uncovered, stirring frequently, until mixture has thickened, 15 to 20 minutes.
- ☐ Add bay leaves, shrimp, sausage, and okra and simmer, uncovered, until okra is tender, about 15 minutes. Discard bay leaves and stir in salt, cayenne, and black pepper.
- ☐ Divide rice among 4 large bowls. Ladle gumbo over, and serve with hot sauce and filé powder for sprinkling on top.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:28.89, Inflammation Score:-5, Nutrition Score:11.015652081241%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 261.06kcal (13.05%), Fat: 7.85g (12.08%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 31.71g (11.53%), Sugar: 1.54g (1.71%), Cholesterol: 57.83mg (19.28%), Sodium: 341.31mg (14.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.85%), Manganese: 0.7mg (35.17%), Phosphorus: 183.76mg (18.38%), Vitamin C: 15.13mg (18.33%), Vitamin B3: 3.64mg (18.19%), Selenium: 11.8µg (16.85%), Vitamin K: 16.69µg (15.9%), Copper: 0.29mg (14.58%), Vitamin B1: 0.18mg (12.12%), Potassium: 396.79mg (11.34%), Vitamin B6: 0.22mg (10.93%), Magnesium: 43.69mg (10.92%), Zinc: 1.49mg (9.96%), Folate: 39.12µg (9.78%), Vitamin B2: 0.14mg (8.04%), Fiber: 1.92g (7.68%), Iron: 1.36mg (7.54%), Vitamin A: 325.86IU (6.52%), Calcium: 62.99mg (6.3%), Vitamin B5: 0.55mg (5.52%), Vitamin B12: 0.26µg (4.29%), Vitamin E: 0.55mg (3.7%), Vitamin D: 0.2µg (1.32%)