



Shrimp and Chicken Etouffee

 Dairy Free

READY IN



82 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausage diced
- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 stalks celery diced
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green chopped

- ☐ 8 servings kosher salt
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 large onion diced
- ☐ 1 pound shrimp deveined peeled
- ☐ 3 pounds skin-on bone-in
- ☐ 2 tablespoons vegetable oil

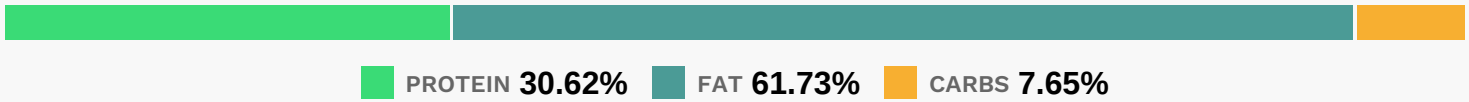
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Heat a large pot over medium-high heat.
- ☐ Add the vegetable oil and andouille and cook, stirring, until crisp, 4 to 5 minutes.
- ☐ Transfer to a plate. Season the chicken with salt, then add to the pot in batches to brown, 5 minutes per side.
- ☐ Transfer to the plate with the andouille.
- ☐ Remove the pot from the heat and cool slightly (there should be about 1/4 cup drippings; drain or add oil as needed). Return the pot to medium heat.
- ☐ Sprinkle in the flour and stir, scraping up the browned bits from the pan with a wooden spoon. Continue to cook, stirring, until the mixture smells nutty and turns a deep brown, 10 to 12 minutes.
- ☐ Add the celery, onion, bell pepper, garlic, cayenne, and salt to taste. Cook, stirring, until the vegetables are tender, 6 to 8 minutes.
- ☐ Whisk in the broth. Return the chicken and andouille to the pot and simmer until the chicken is cooked through, about 25 minutes.
- ☐ Transfer the chicken to a plate and let cool slightly while the stew simmers; remove the skin and shred the meat. Return the meat to the pot. Stir in the shrimp and sherry and cook until the shrimp turn pink, 2 to 3 more minutes. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:5, Inflammation Score:-5, Nutrition Score:21.317391063856%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 645.51kcal (32.28%), Fat: 44.01g (67.71%), Saturated Fat: 12.31g (76.94%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 11.1g (4.04%), Sugar: 2.27g (2.52%), Cholesterol: 281.74mg (93.91%), Sodium: 887.35mg (38.58%), Alcohol: 0.39g (100%), Alcohol %: 0.11% (100%), Protein: 49.12g (98.24%), Vitamin B3: 12.44mg (62.2%), Selenium: 41.82µg (59.75%), Phosphorus: 494.62mg (49.46%), Vitamin B6: 0.71mg (35.73%), Zinc: 4.23mg (28.21%), Vitamin B12: 1.6µg (26.65%), Potassium: 866.54mg (24.76%), Vitamin B2: 0.39mg (22.84%), Vitamin B1: 0.34mg (22.55%), Copper: 0.44mg (21.88%), Vitamin B5: 2.01mg (20.13%), Vitamin C: 14.48mg (17.55%), Magnesium: 65.87mg (16.47%), Vitamin K: 16.6µg (15.81%), Iron: 2.74mg (15.2%), Manganese: 0.2mg (10.24%), Vitamin E: 1.23mg (8.2%), Folate: 31.62µg (7.9%), Calcium: 76.36mg (7.64%), Vitamin D: 0.94µg (6.26%), Vitamin A: 307.92IU (6.16%), Fiber: 1.18g (4.71%)