



Shrimp and Crab Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon diced
- ☐ 2 teaspoons cajun spice salt-free
- ☐ 4 celery stalks thinly sliced
- ☐ 3 cups rice long-grain white hot cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 28 ounce less-sodium chicken broth fat-free divided canned
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic cloves minced

- ☐ 1.5 cups bell pepper green finely chopped (1 large)
- ☐ 12 ounce lump crab meat drained canned (such as Chicken of the Sea)
- ☐ 16 ounce cut okra frozen thawed
- ☐ 2 cups onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup water

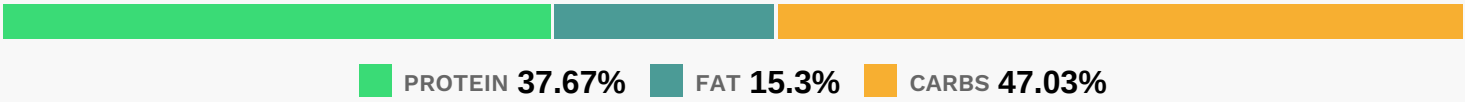
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place flour in a small skillet; cook 5 minutes over medium heat or until flour is brown, stirring constantly.
- ☐ Place in a small bowl; cool.
- ☐ Cook bacon in a Dutch oven over medium-high heat 3 minutes.
- ☐ Add onion, bell pepper, celery, and garlic; saut 10 minutes or until vegetables are tender and lightly browned.
- ☐ Add water, and cook 1 minute, stirring constantly.
- ☐ Combine toasted flour and 1 can of chicken broth in a medium bowl, stirring well with a whisk. Gradually pour broth mixture into pan. Stir in remaining can of chicken broth, Cajun seasoning, 1/2 teaspoon salt, crushed red pepper, and cut okra; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add shrimp; cook 3 minutes or until shrimp are done. Gently stir in crabmeat.
- ☐ Remove from heat; serve gumbo over rice.
- ☐ Serve with hot pepper sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:30.2, Inflammation Score:-9, Nutrition Score:29.422608439041%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 27.55mg, Quercetin: 27.55mg, Quercetin: 27.55mg

Nutrients (% of daily need)

Calories: 350.23kcal (17.51%), Fat: 5.98g (9.2%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 36.56g (13.29%), Sugar: 4.66g (5.18%), Cholesterol: 152.79mg (50.93%), Sodium: 1387.41mg (60.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.26%), Vitamin B12: 5.42µg (90.38%), Vitamin C: 55.97mg (67.84%), Manganese: 1.24mg (61.97%), Copper: 1.06mg (52.97%), Selenium: 35.19µg (50.27%), Phosphorus: 432.89mg (43.29%), Zinc: 5.62mg (37.46%), Magnesium: 122.55mg (30.64%), Vitamin B6: 0.56mg (28.11%), Vitamin K: 28.09µg (26.75%), Folate: 101.94µg (25.48%), Potassium: 812.71mg (23.22%), Vitamin B1: 0.34mg (22.55%), Vitamin A: 1063.08IU (21.26%), Fiber: 4.81g (19.24%), Vitamin B3: 3.63mg (18.13%), Calcium: 175.02mg (17.5%), Iron: 2.34mg (13.01%), Vitamin B2: 0.19mg (11.09%), Vitamin B5: 1.08mg (10.8%), Vitamin E: 0.67mg (4.47%)