



Shrimp and Okra Gumbo



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 14 ounce canned tomatoes whole chopped canned ()
- ☐ 0.5 teaspoon cayenne pepper to taste (or)
- ☐ 1 cup celery diced ()
- ☐ 0.5 cup flour
- ☐ 1 handful parsley chopped ()
- ☐ 3 cloves garlic chopped ()
- ☐ 1 bunch green onions sliced ()

- ☐ 1 cup bell pepper diced green ()
- ☐ 0.5 cup oil
- ☐ 1 pound okra trimmed cut into 1/4 inch slices)
- ☐ 1 cup onion diced ()
- ☐ 1 teaspoon oregano
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp shelled deveined for shrimp stock (and , save those shells)
- ☐ 4 cups shrimp stock
- ☐ 1 teaspoon thyme leaves

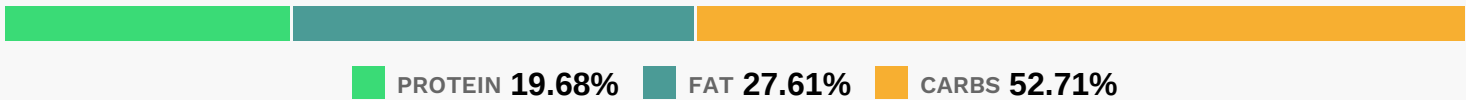
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a large sauce pan over medium heat, sprinkle in the flour while mixing and simmer until it turns a dark brown, about 10–20 minutes.
- ☐ Add the onions, celery and green pepper and cook until tender, about 7–10 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the okra and cook for 10 minutes.
- ☐ Add the shrimp stock, tomatoes, paprika, cayenne, oregano, thyme, bay leaves, salt and pepper and bring to a boil.
- ☐ Reduce the heat to medium–low and simmer covered for 1–3 hours.
- ☐ Add the shrimp and cook until pink, about 3–5 minutes.
- ☐ Serve with rice and garnish with green onions and parsley.

Nutrition Facts



Properties

Glycemic Index:101.25, Glycemic Load:13.62, Inflammation Score:-10, Nutrition Score:30.95043485061%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 33.5mg, Quercetin: 33.5mg, Quercetin: 33.5mg, Quercetin: 33.5mg

Nutrients (% of daily need)

Calories: 269.54kcal (13.48%), Fat: 8.71g (13.4%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 28.99g (10.54%), Sugar: 9.61g (10.67%), Cholesterol: 0mg (0%), Sodium: 1494.96mg (65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.94%), Vitamin C: 73.09mg (88.6%), Vitamin K: 88.39µg (84.18%), Manganese: 1.4mg (70.23%), Vitamin B3: 8.64mg (43.19%), Folate: 151.68µg (37.92%), Vitamin A: 1821.46IU (36.43%), Potassium: 1200.31mg (34.29%), Fiber: 8.43g (33.71%), Vitamin B6: 0.64mg (32.13%), Vitamin B1: 0.48mg (32.07%), Copper: 0.58mg (29.15%), Calcium: 281.15mg (28.11%), Magnesium: 107.74mg (26.94%), Phosphorus: 260mg (26%), Vitamin E: 3.64mg (24.26%), Iron: 4.34mg (24.1%), Vitamin B2: 0.36mg (21.27%), Selenium: 9.92µg (14.18%), Zinc: 1.65mg (11.03%), Vitamin B5: 0.81mg (8.11%), Vitamin B12: 0.36µg (5.96%)