



Shrimp-and-Sausage Gumbo

 Dairy Free

READY IN



385 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausage sliced
- ☐ 3 bay leaves
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 rib celery stalks chopped
- ☐ 4 cups chicken broth
- ☐ 2 teaspoons creole seasoning
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 cup flour all-purpose

- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic clove chopped
- ☐ 1 large bell pepper green chopped
- ☐ 1 bunch spring onion sliced
- ☐ 6 servings spring onion sliced
- ☐ 1 large onion chopped
- ☐ 3 pounds shrimp raw deveined unpeeled peeled

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle flour in a 9-inch cast-iron skillet.
- ☐ Bake 10 to 15 minutes or until golden brown, stirring once. Cool 10 minutes.
- ☐ Meanwhile, cook sausage in a Dutch oven over medium heat, stirring occasionally, 5 minutes or until browned.
- ☐ Drain on paper towels.
- ☐ Place sausage in a 6-qt. slow cooker; add tomatoes and next 7 ingredients.
- ☐ Whisk together browned flour and broth until smooth.
- ☐ Pour into slow cooker. Cover and cook on HIGH 5 to 6 hours. Stir in shrimp, green onions, and parsley. Cover and cook on HIGH 30 minutes, stirring once. Discard bay leaves before serving.

Nutrition Facts



 **PROTEIN 39.29%**  **FAT 42.76%**  **CARBS 17.95%**

Properties

Glycemic Index:56.67, Glycemic Load:8.18, Inflammation Score:-8, Nutrition Score:33.774782553963%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 501.06kcal (25.05%), Fat: 23.72g (36.5%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 19.32g (7.02%), Sugar: 6.61g (7.34%), Cholesterol: 353.91mg (117.97%), Sodium: 2576.6mg (112.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.04g (98.09%), Selenium: 87.89µg (125.55%), Phosphorus: 728.65mg (72.86%), Vitamin K: 70.26µg (66.92%), Vitamin B12: 3.29µg (54.83%), Vitamin B3: 10.78mg (53.89%), Vitamin C: 36.54mg (44.29%), Vitamin B6: 0.76mg (38.11%), Copper: 0.68mg (33.98%), Vitamin E: 4.99mg (33.25%), Zinc: 4.61mg (30.74%), Vitamin B1: 0.45mg (29.76%), Potassium: 903.95mg (25.83%), Vitamin A: 1286.93IU (25.74%), Manganese: 0.48mg (24.07%), Folate: 90.7µg (22.68%), Magnesium: 89.83mg (22.46%), Vitamin B2: 0.38mg (22.38%), Iron: 3.53mg (19.59%), Calcium: 186.26mg (18.63%), Vitamin B5: 1.59mg (15.89%), Fiber: 3.09g (12.35%), Vitamin D: 1.29µg (8.57%)