Shrimp and Sausage Gumbo

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	11	483 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 pound andouille smoked cut into 1/4-inch slices
- [ ] 2 bay leaves
- [ ] 3 rib celery stalks sliced
- [ ] 64 ounce chicken broth
- [ ] 11 servings rice hot cooked
- [ ] 2 teaspoons creole seasoning
- [ ] 0.5 teaspoon thyme dried
- [ ] 1 cup flour all-purpose

- [ ] 3 garlic clove minced
- [ ] 1 bell pepper green chopped
- [ ] 0.5 cup spring onion chopped
- [ ] 2 teaspoons hot sauce
- [ ] 1 medium onion chopped
- [ ] 2 pounds shrimp fresh unpeeled
- [ ] 11 servings vegetable oil
- [ ] 1 tablespoon worcestershire sauce

Equipment

- [ ] bowl
- [ ] whisk
- [ ] sieve
- [ ] dutch oven

Directions

- [ ] Peel shrimp, reserving shells, and devein, if desired. Set meat aside.
- [ ] Combine shrimp shells and chicken broth in a large Dutch oven; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes.
- [ ] Pour mixture through a wire-mesh strainer into a bowl, discarding shells. Set broth aside, and keep warm.
- [ ] Cook sausage in a Dutch oven over medium heat until browned.
- [ ] Remove sausage; set aside. Measure drippings, adding enough oil to measure 1/2 cup. Cook oil mixture and flour in Dutch oven over medium-low heat about 35 to 40 minutes, whisking constantly, until roux is chocolate colored.
- [ ] Stir in onion and next 3 ingredients; cook 7 minutes or until vegetables are tender, stirring often. Gradually stir in warm broth; bring mixture to a boil. Stir in bay leaves and next 4 ingredients; reduce heat, and simmer, uncovered, 50 minutes, stirring occasionally.
- [ ] Stir in shrimp, sausage, and green onions; cook 5 to 7 minutes or until shrimp turn pink. Discard bay leaves.

- [ ] Serve over hot rice.

Nutrition Facts

PROTEIN **21.87%** FAT **48.96%** CARBS **29.17%**

Properties

Glycemic Index:31.55, Glycemic Load:30.6, Inflammation Score:-4, Nutrition Score:13.989565185879%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 483.42kcal (24.17%), Fat: 26.16g (40.25%), Saturated Fat: 6.14g (38.38%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 33.84g (12.3%), Sugar: 1.78g (1.98%), Cholesterol: 165.35mg (55.12%), Sodium: 1102.03mg (47.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.6%), Vitamin K: 37.23µg (35.46%), Manganese: 0.63mg (31.44%), Phosphorus: 283.7mg (28.37%), Copper: 0.47mg (23.26%), Selenium: 16.08µg (22.97%), Vitamin B1: 0.26mg (17.64%), Zinc: 2.63mg (17.55%), Vitamin B2: 0.25mg (14.73%), Vitamin B3: 2.82mg (14.1%), Vitamin C: 11.61mg (14.07%), Magnesium: 51.58mg (12.89%), Potassium: 436.43mg (12.47%), Vitamin B12: 0.66µg (10.93%), Iron: 1.96mg (10.9%), Vitamin B6: 0.21mg (10.43%), Vitamin E: 1.43mg (9.55%), Calcium: 83.38mg (8.34%), Folate: 31.54µg (7.88%), Vitamin B5: 0.59mg (5.87%), Fiber: 1.24g (4.96%), Vitamin A: 246.7IU (4.93%), Vitamin D: 0.45µg (3.02%)