



Shrimp and Sausage Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 1 rib celery cut into 1/2-inch pieces
- 4 cups chicken stock see low-sodium canned
- 1 tablespoon flat-leaf parsley finely chopped
- 2 tablespoons flour all-purpose
- 2 garlic cloves very finely chopped
- 0.5 pound spicy kielbasa halved lengthwise sliced
- 1 medium onion coarsely chopped

- 1 bell pepper red cut into 3/4-inch pieces
- 4 servings salt and pepper freshly ground
- 1 scallion thinly sliced
- 0.8 pound shrimp shelled deveined
- 2 thyme sprigs
- 2 tablespoons vegetable oil

Equipment

- sauce pan

Directions

- In a large saucepan, heat the vegetable oil until shimmering.
- Add the red bell pepper, chopped onion, celery, chopped garlic and cayenne. Season the vegetables with salt and pepper and cook them over moderately high heat until they are softened, about 2 minutes.
- Add the sausage to the vegetables and cook, stirring occasionally, until lightly browned, about 5 minutes.
- Sprinkle the flour on top of the sausage and vegetables and stir until evenly coated.
- Add the chicken stock and thyme sprigs and simmer over moderate heat for 10 minutes.
- Add the shrimp and scallion to the saucepan, season lightly with salt and simmer, stirring, until the shrimp are opaque and cooked through, about 2 minutes longer. Discard the thyme sprigs. Stir the parsley into the gumbo and serve at once.
- Serve With: Rice or crusty bread.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:17.485652322355%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 391.31kcal (19.57%), Fat: 24.28g (37.35%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.4g (3.78%), Sugar: 3.46g (3.84%), Cholesterol: 185.69mg (61.9%), Sodium: 831.27mg (36.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.03%), Vitamin C: 43.38mg (52.58%), Vitamin B3: 7.31mg (36.54%), Phosphorus: 361.99mg (36.2%), Vitamin K: 36.89µg (35.14%), Copper: 0.53mg (26.31%), Vitamin A: 1146.44IU (22.93%), Potassium: 754.42mg (21.55%), Zinc: 2.96mg (19.77%), Selenium: 13.42µg (19.17%), Vitamin B6: 0.28mg (14.09%), Vitamin B1: 0.21mg (13.97%), Vitamin B2: 0.23mg (13.56%), Vitamin B12: 0.79µg (13.19%), Magnesium: 50.84mg (12.71%), Iron: 2.21mg (12.28%), Vitamin E: 1.61mg (10.72%), Calcium: 86.63mg (8.66%), Manganese: 0.17mg (8.43%), Folate: 30.27µg (7.57%), Fiber: 1.44g (5.78%), Vitamin B5: 0.57mg (5.73%), Vitamin D: 0.79µg (5.29%)