



## Shrimp and Sweet Potato Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 bacon smoked with nueske's
- ☐ 1 bay leaf
- ☐ 10.8 ounce tomatoes with roasted garlic and herbs soup, undiluted canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 2 rib celery chopped
- ☐ 10.8 ounce chicken gumbo soup undiluted canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon garlic minced

- ☐ 1 bell pepper green chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 large onions coarsely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled peeled
- ☐ 1 pound sausage smoked sliced
- ☐ 1 pound sweet potatoes peeled cut into 1
- ☐ 0.3 cup vegetable oil
- ☐ 3 cups water

## Equipment

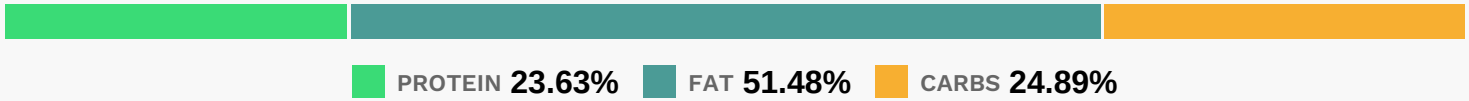
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ whisk
- ☐ roasting pan
- ☐ dutch oven

## Directions

- ☐ Toss onion and sweet potato with 1 tablespoon olive oil; sprinkle with salt and pepper.
- ☐ Spread vegetables in a single layer in a shallow roasting pan or a 15" x 10" jellyroll pan. Roast at 450 for 30 minutes, stirring twice.
- ☐ Cook sausage in a large Dutch oven over medium heat until browned; remove sausage, and set aside.
- ☐ Cook bacon in same pan over medium heat until crisp; remove bacon and drain on paper towels, reserving drippings in pan. Coarsely crumble bacon.
- ☐ Add enough oil to drippings in pan to yield 1/4 cup.

- ☐ Add flour and cook over medium heat, whisking constantly, until roux is peanut butter-colored (about 30 minutes).
- ☐ Add celery, green pepper, and garlic; cook 7 minutes or until vegetables are just tender. Stir in water and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes. Gently stir in roasted vegetables, sausage, and shrimp; cook 5 to 7 minutes or until shrimp turn pink. Discard bay leaf before serving.
- ☐ To serve, ladle gumbo into individual bowls.
- ☐ Sprinkle each serving with bacon, if desired.

## Nutrition Facts



## Properties

Glycemic Index:25.54, Glycemic Load:8.19, Inflammation Score:-10, Nutrition Score:18.302608686945%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 362.9kcal (18.14%), Fat: 20.93g (32.21%), Saturated Fat: 5.97g (37.33%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 19.99g (7.27%), Sugar: 4.3g (4.77%), Cholesterol: 99.37mg (33.12%), Sodium: 676.21mg (29.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Vitamin A: 5101.2IU (102.02%), Manganese: 0.64mg (31.95%), Vitamin B6: 0.6mg (29.96%), Vitamin C: 20.33mg (24.64%), Phosphorus: 237.04mg (23.7%), Selenium: 15.67µg (22.39%), Copper: 0.38mg (19.19%), Vitamin B1: 0.25mg (16.84%), Potassium: 574mg (16.4%), Zinc: 2.45mg (16.36%), Vitamin B3: 3.06mg (15.3%), Vitamin B12: 0.81µg (13.53%), Vitamin K: 12.49µg (11.9%), Magnesium: 47.53mg (11.88%), Iron: 2.12mg (11.75%), Fiber: 2.78g (11.12%), Vitamin B2: 0.18mg (10.35%), Calcium: 101.91mg (10.19%), Vitamin E: 1.16mg (7.75%), Vitamin B5: 0.77mg (7.69%), Folate: 20.31µg (5.08%), Vitamin D: 0.45µg (2.99%)