



## Shrimp, Chicken, and Andouille Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup flour
- ☐ 4 pounds andouille sausage
- ☐ 6 bay leaves
- ☐ 56 ounce tomatoes diced with juice canned
- ☐ 1 teaspoon ground pepper
- ☐ 3 cups celery stalks chopped
- ☐ 32 ounce bottled clam juice
- ☐ 16 servings rice steamed

- ☐ 1 cup wine dry white
- ☐ 0.5 cup thyme sprigs fresh chopped
- ☐ 16 garlic clove chopped
- ☐ 4 cups chicken broth
- ☐ 32 ounce okra frozen sliced
- ☐ 12 cups onion chopped
- ☐ 16 servings parsley fresh italian minced
- ☐ 7 cups bell pepper red seeded chopped
- ☐ 4 pounds shrimp deveined peeled
- ☐ 3 pounds chicken thighs boneless skinless cut into 1-inch cubes
- ☐ 1 cup vegetable oil

## Equipment

- ☐ pot

## Directions

- ☐ Heat oil in heavy 13-quart pot over medium-high heat until very hot and almost smoking.
- ☐ Add flour and stir constantly until mixture is dark reddish brown, about 5 minutes.
- ☐ Add chopped onions, chopped bell peppers, and chopped celery and cook until onions are soft and brown, stirring frequently, about 20 minutes.
- ☐ Add garlic and cayenne and stir 2 minutes.
- ☐ Add wine, thyme, and bay leaves; bring to boil, stirring occasionally.
- ☐ Add tomatoes with juice, clam juice, broth, sausage, and chicken; simmer until chicken is cooked through, about 15 minutes.
- ☐ Add okra and simmer until tender, about 10 minutes. Do ahead Gumbo base can be made 2 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Bring base to simmer before continuing.
- ☐ Add shrimp to pot and cook shrimp until just opaque in center, stirring often, about 5 minutes. Season gumbo to taste with salt and pepper.
- ☐ Garnish with minced parsley and serve with steamed rice alongside.

# Nutrition Facts

PROTEIN 31.41% FAT 40.04% CARBS 28.55%

## Properties

Glycemic Index:28.81, Glycemic Load:32.83, Inflammation Score:-10, Nutrition Score:48.405652502309%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 9.22mg, Apigenin: 9.22mg, Apigenin: 9.22mg, Apigenin: 9.22mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 37.04mg, Quercetin: 37.04mg, Quercetin: 37.04mg, Quercetin: 37.04mg

## Nutrients (% of daily need)

Calories: 881.35kcal (44.07%), Fat: 39.09g (60.13%), Saturated Fat: 11.75g (73.42%), Carbohydrates: 62.72g (20.91%), Net Carbohydrates: 55.01g (20%), Sugar: 14.75g (16.39%), Cholesterol: 360.89mg (120.3%), Sodium: 1529.68mg (66.51%), Alcohol: 1.54g (100%), Alcohol %: 0.21% (100%), Protein: 68.98g (137.97%), Vitamin C: 126.63mg (153.49%), Vitamin K: 103.16µg (98.25%), Vitamin B3: 15.64mg (78.22%), Selenium: 53.19µg (75.98%), Phosphorus: 758.26mg (75.83%), Manganese: 1.38mg (68.77%), Vitamin B6: 1.35mg (67.68%), Vitamin A: 3260.27IU (65.21%), Potassium: 1806.95mg (51.63%), Vitamin B1: 0.72mg (47.97%), Zinc: 7.12mg (47.48%), Copper: 0.9mg (45.13%), Magnesium: 163.89mg (40.97%), Vitamin B2: 0.63mg (36.95%), Folate: 134.45µg (33.61%), Iron: 5.86mg (32.53%), Fiber: 7.71g (30.83%), Vitamin B5: 2.93mg (29.34%), Vitamin B12: 1.73µg (28.86%), Calcium: 241.89mg (24.19%), Vitamin E: 3.5mg (23.32%), Vitamin D: 1.59µg (10.58%)