



## Shrimp-Crab Gumbo

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced with green chiles canned
- ☐ 0.5 cup celery chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 10 servings rice hot cooked
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves chopped

- ☐ 1 cup green onions chopped
- ☐ 16 ounce lump crab meat
- ☐ 2.5 cups onion chopped
- ☐ 3 pounds shrimp fresh unpeeled
- ☐ 1.5 cups vegetable oil

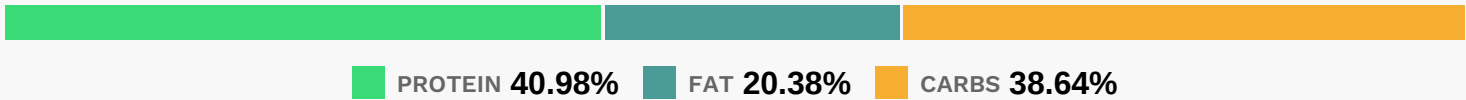
## Equipment

- ☐ whisk
- ☐ pot

## Directions

- ☐ Heat oil in a large stockpot over medium heat; gradually whisk in flour, and cook, whisking constantly, until flour is a dark mahogany (about 30 minutes).
- ☐ Stir in chicken broth and next 6 ingredients; bring to a boil. Reduce heat, and simmer, stirring occasionally, 3 hours.
- ☐ Peel shrimp, and devein, if desired.
- ☐ Add shrimp to broth mixture; cook, stirring often, 15 minutes or just until shrimp turn pink. Stir in crabmeat and parsley.
- ☐ Remove from heat; stir in fil powder, if desired.
- ☐ Serve over hot cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:38.2, Glycemic Load:39.19, Inflammation Score:-8, Nutrition Score:27.977825995373%

## Flavonoids

Apigenin: 6.61mg, Apigenin: 6.61mg, Apigenin: 6.61mg, Apigenin: 6.61mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 513.47kcal (25.67%), Fat: 11.5g (17.69%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 46.3g (16.84%), Sugar: 3.62g (4.02%), Cholesterol: 258.69mg (86.23%), Sodium: 859.92mg (37.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.03g (104.07%), Vitamin K: 86.05µg (81.96%), Vitamin B12: 4.49µg (74.89%), Copper: 1.14mg (56.95%), Selenium: 39.01µg (55.72%), Phosphorus: 545.09mg (54.51%), Zinc: 6.35mg (42.36%), Manganese: 0.74mg (36.89%), Magnesium: 107.37mg (26.84%), Folate: 93.61µg (23.4%), Potassium: 807.88mg (23.08%), Iron: 3.76mg (20.89%), Vitamin C: 16.57mg (20.09%), Vitamin B3: 3.86mg (19.31%), Vitamin B1: 0.28mg (18.57%), Vitamin B6: 0.35mg (17.61%), Calcium: 160.97mg (16.1%), Vitamin B2: 0.25mg (14.71%), Vitamin A: 590.97IU (11.82%), Fiber: 2.75g (10.99%), Vitamin E: 1.33mg (8.88%), Vitamin B5: 0.76mg (7.65%)