



Shrimp Gumbo



Dairy Free

Image not found or type unknown

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 8 servings ground pepper black to taste
- ☐ 3 cups okra chopped
- ☐ 2 onions chopped
- ☐ 1 bell pepper red chopped

- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 2 tablespoons vegetable oil
- ☐ 2 quarts water

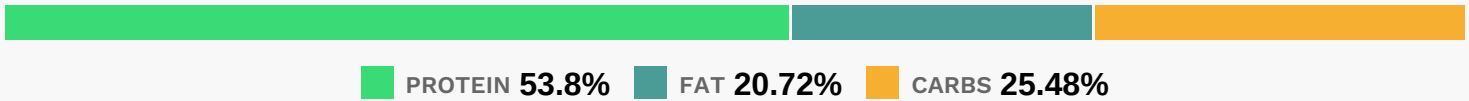
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large skillet over high heat, add 2 tablespoons oil and flour to the pan, and whisk together quickly. Continue cooking and stirring until a dark roux forms. Stir in shrimp. Cook and stir for a few minutes, until the shrimp turns pink. Set aside.
- ☐ In another pan, heat 2 tablespoons oil over medium heat. Stir in okra and onions; cook until okra is tender.
- ☐ Mix in tomatoes.
- ☐ Add water, bay leaf, garlic, salt, red pepper, and the shrimp mixture. Cover, and cook slowly for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:13.644347812818%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

Nutrients (% of daily need)

Calories: 178.92kcal (8.95%), Fat: 4.29g (6.61%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 8.82g (3.21%), Sugar: 4.62g (5.14%), Cholesterol: 182.57mg (60.86%), Sodium: 509.86mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.17%), Vitamin C: 34.78mg (42.16%), Copper: 0.64mg (31.85%), Phosphorus: 297.75mg (29.78%), Manganese: 0.53mg (26.26%), Vitamin K: 21.74µg (20.71%), Magnesium: 79.13mg (19.78%), Potassium: 641.56mg (18.33%), Vitamin A: 846.68IU (16.93%), Calcium: 138.3mg (13.83%), Zinc: 2.01mg (13.41%), Vitamin B6: 0.25mg (12.46%), Fiber: 3.06g (12.24%), Folate: 44.75µg (11.19%), Vitamin B1: 0.15mg (10.09%), Iron: 1.74mg (9.65%), Vitamin E: 1.27mg (8.44%), Vitamin B3: 1.3mg (6.5%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.33mg (3.32%), Selenium: 1.52µg (2.18%)