



Shrimp Gumbo

 Dairy Free

READY IN

ready

210 min.

SERVINGS

servings

6

CALORIES

calories

477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage cut into 1/4-inch pieces and browned
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup celery diced
- ☐ 1 tablespoon filé powder
- ☐ 4 ounces flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup pasilla peppers diced green
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup onion diced
- ☐ 1.5 pounds head-on shrimp raw whole (31-50 count)
- ☐ 0.5 cup tomatoes peeled seeded chopped
- ☐ 4 ounces vegetable oil
- ☐ 2 quarts water

Equipment

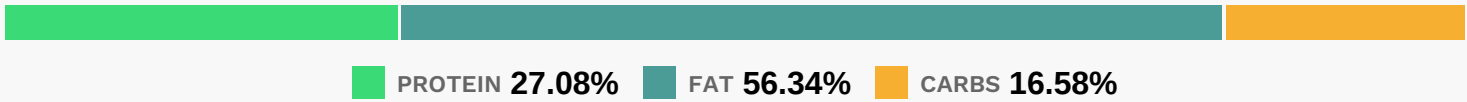
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the vegetable oil and flour into a 5 to 6-quart cast iron Dutch oven and whisk together to combine.
- ☐ Place on the middle shelf of the oven, uncovered, and bake for 1 1/2 hours, whisking 2 to 3 times throughout the cooking process.
- ☐ While the roux is baking, de-head, peel and devein the shrimp.
- ☐ Place the shrimp in a bowl and set in the refrigerator.
- ☐ Place the heads and shells in a 4-quart saucepan along with the 2 quarts of water, set over high heat and bring to a boil. Decrease the heat to low and simmer for 1 hour or until the liquid has reduced to 1-quart.
- ☐ Remove from the heat and strain the liquid into a container, discarding the solids.

- ☐
- Once the roux is done, carefully remove it from the oven and set over medium-high heat. Gently add the onions, celery, green peppers and garlic and cook, moving constantly for 7 to8 minutes or until the onions begin to turn translucent.
- ☐
- Add the tomatoes, salt, black pepper, thyme, cayenne pepper, and bay leaves and stir to combine. Gradually add the shrimp broth while whisking continually. Decrease the heat to low, cover and cook for 35 minutes. Turn off the heat, add the shrimp and sausage and stir to combine.
- ☐
- Add the file powder while stirring constantly. Cover and allow to sit for 10 minutes prior to serving.
- ☐
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:11.48, Inflammation Score:-6, Nutrition Score:14.73217388858%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 476.77kcal (23.84%), Fat: 30.07g (46.27%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 18.27g (6.64%), Sugar: 2.37g (2.63%), Cholesterol: 215.08mg (71.69%), Sodium: 1630.86mg (70.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.52g (65.05%), Vitamin K: 39.67µg (37.78%), Phosphorus: 339.6mg (33.96%), Copper: 0.59mg (29.51%), Selenium: 14.8µg (21.14%), Vitamin C: 15.36mg (18.62%), Vitamin B1: 0.28mg (18.45%), Zinc: 2.75mg (18.32%), Vitamin B3: 3.65mg (18.27%), Potassium: 577.87mg (16.51%), Manganese: 0.32mg (15.98%), Magnesium: 60.93mg (15.23%), Vitamin E: 2.07mg (13.78%), Iron: 2.22mg (12.35%), Folate: 46.57µg (11.64%), Calcium: 108.29mg (10.83%), Vitamin B2: 0.18mg (10.79%), Vitamin B6: 0.2mg (9.77%), Fiber: 1.63g (6.54%), Vitamin B12: 0.37µg (6.17%), Vitamin A: 256.92IU (5.14%), Vitamin B5: 0.45mg (4.53%), Vitamin D: 0.53µg (3.53%)