



Shrimp Gumbo

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef broth
- ☐ 0.3 cup butter
- ☐ 14.5 oz canned tomatoes whole undrained canned
- ☐ 3 cups rice hot cooked
- ☐ 1 bay leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic finely chopped

- ☐ 1 medium bell pepper green cut into thin strips
- ☐ 10 oz okra frozen thawed drained
- ☐ 2 medium onion sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon hot sauce red
- ☐ 0.3 teaspoon salt
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 6 oz canned tomatoes canned

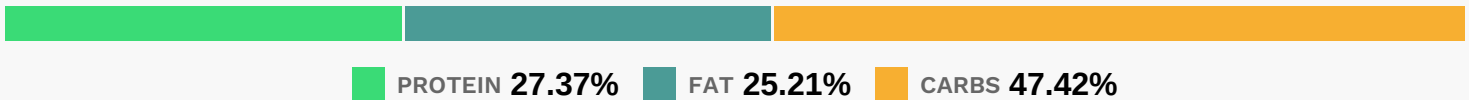
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, melt butter over medium heat. Cook onions, bell pepper and garlic in butter 5 minutes, stirring occasionally. Stir in flour. Cook over medium heat, stirring constantly, until bubbly; remove from heat.
- ☐ Stir in remaining ingredients except shrimp, rice and parsley, breaking up tomatoes with a fork.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 10 minutes, stirring occasionally.
- ☐ Stir shrimp into gumbo. Cover and simmer about 5 minutes or until shrimp are pink and firm.
- ☐ Remove bay leaf.
- ☐ Serve soup in bowls over rice.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:64.17, Glycemic Load:27.46, Inflammation Score:-8, Nutrition Score:19.29478253489%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg

Nutrients (% of daily need)

Calories: 310.1kcal (15.5%), Fat: 8.87g (13.64%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 33.32g (12.12%), Sugar: 5.69g (6.32%), Cholesterol: 121.71mg (40.57%), Sodium: 874.45mg (38.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.33%), Vitamin K: 61.06µg (58.15%), Vitamin C: 42.42mg (51.42%), Manganese: 1.01mg (50.42%), Phosphorus: 284.9mg (28.49%), Copper: 0.54mg (26.99%), Vitamin A: 1104.57IU (22.09%), Potassium: 759.62mg (21.7%), Magnesium: 86.64mg (21.66%), Vitamin B6: 0.41mg (20.59%), Fiber: 4.21g (16.84%), Calcium: 152.59mg (15.26%), Folate: 59.8µg (14.95%), Vitamin B1: 0.22mg (14.53%), Vitamin B3: 2.89mg (14.44%), Iron: 2.53mg (14.06%), Zinc: 1.99mg (13.29%), Selenium: 8.51µg (12.16%), Vitamin E: 1.38mg (9.17%), Vitamin B2: 0.15mg (8.92%), Vitamin B5: 0.71mg (7.09%), Vitamin B12: 0.09µg (1.56%)