

Shrimp Gumbo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 8 ounces tomato sauce canned
- ☐ 28 ounces canned tomatoes whole coarsely chopped canned
- ☐ 3 stalks celery
- ☐ 6 servings rice hot cooked
- ☐ 2 cloves garlic minced
- ☐ 1 large bell pepper green seeded quartered
- ☐ 4 tablespoons olive oil

- ☐ 1 medium onion halved
- ☐ 1 tablespoon parsley chopped
- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp shelled deveined
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon thyme leaves

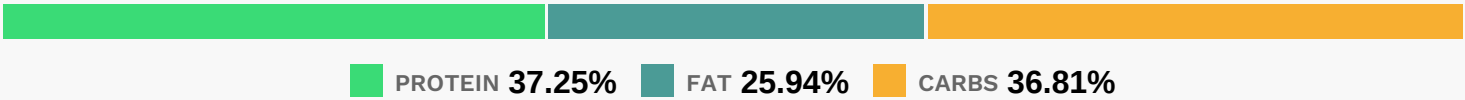
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Assemble and attach the Kitchen
- ☐ Aid Rotor Slicer/Shredder attachment to the Kitchen
- ☐ Aid Stand
- ☐ Mixer. Use the thick slicer cone (No. 3), turn to Speed 4 and slice onion, green pepper and celery, keeping each separate.
- ☐ Heat oil in a 5-quart pot over medium heat.
- ☐ Add garlic and saute 1 minute.
- ☐ Add onion and saute 2 minutes.
- ☐ Add green pepper and celery and saute 2 minutes more.
- ☐ Add tomatoes, tomato sauce, sugar, salt, bay leaf, thyme, parsley and hot pepper sauce. Reduce heat and simmer 15 minutes.
- ☐ Add shrimp, stir gently and cook 4 to 5 minutes longer.
- ☐ Serve immediately over hot rice. Equipment
- ☐ To purchase the Kitchen
- ☐ Aid products used in this recipe, please visit www.shopkitchenaid.com

Nutrition Facts



Properties

Glycemic Index:66.68, Glycemic Load:25.69, Inflammation Score:-7, Nutrition Score:17.710869685463%

Flavonoids

Apigenin: 2.04mg, Apigenin: 2.04mg, Apigenin: 2.04mg, Apigenin: 2.04mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 365.65kcal (18.28%), Fat: 10.73g (16.51%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 30.87g (11.23%), Sugar: 6.92g (7.69%), Cholesterol: 243.43mg (81.14%), Sodium: 778.8mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.37%), Vitamin C: 41.14mg (49.87%), Phosphorus: 410.82mg (41.08%), Copper: 0.82mg (40.95%), Manganese: 0.67mg (33.42%), Vitamin K: 29.44µg (28.03%), Potassium: 925.32mg (26.44%), Magnesium: 90.56mg (22.64%), Vitamin E: 2.98mg (19.9%), Zinc: 2.8mg (18.67%), Vitamin B6: 0.37mg (18.54%), Calcium: 170.41mg (17.04%), Iron: 2.94mg (16.35%), Fiber: 3.4g (13.59%), Vitamin A: 583.96IU (11.68%), Selenium: 6.6µg (9.43%), Vitamin B3: 1.87mg (9.36%), Vitamin B2: 0.14mg (7.98%), Folate: 31.04µg (7.76%), Vitamin B1: 0.12mg (7.71%), Vitamin B5: 0.69mg (6.91%)