



WHATSheATE



Shrimp Gumbo with Andouille Sausage



Dairy Free



Popular

READY IN



105 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 0.5 cup flour
- ☐ 1 bell pepper green chopped
- ☐ 1 medium onion chopped
- ☐ 3 celery stalks chopped
- ☐ 4 garlic cloves minced
- ☐ 1 Tbsp cajun spice
- ☐ 1 quart chicken stock see

- ☐ 2 teaspoons worcestershire sauce
- ☐ 8 ounces andouille sausage smoked cut into 1/ rounds
- ☐ 2 pounds shrimp deveined peeled
- ☐ 6 servings salt and pepper to taste
- ☐ 3 green onions chopped
- ☐ 6 servings hot sauce to taste (such as Tabasco)

Equipment

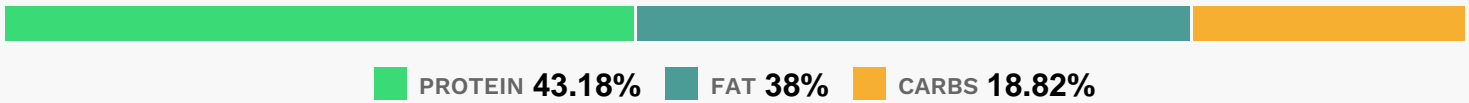
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ First, make the roux.
- ☐ Heat the peanut oil in a large, thick-bottomed pot, such as a Dutch oven, on medium high heat, for a minute or two.
- ☐ Whisk in the flour and lower the heat to medium. Stir almost constantly, making sure to scrape the bottom of the pan as you stir.
- ☐ Let the roux cook until it is the color of peanut butter, then lower the heat to medium low. Keep cooking and stirring (careful, you want the flour to cook, not burn!) until the roux is the color of an old penny, about 20-30 minutes total time.
- ☐ Mix in the "holy trinity" of green pepper, onion and celery and increase the heat to medium-high. Cook, stirring often, for 5 minutes.
- ☐ Add the garlic and cook another 2 minutes. Stir in the Cajun seasoning.
- ☐ Slowly add stock, then simmer: In a separate pot, heat the stock and water until steamy. Slowly add the steamy stock and water to the bell pepper onion roux mixture, stirring constantly while you do so.
- ☐ Bring the gumbo to a simmer and add the Worcestershire sauce and salt to taste. Simmer gently for 30 minutes.

- ☐ If you find that the roux has broken a bit and oil is pooling on the surface of the gumbo, whisk in about another 1/2 to 1 cup of water. This will often "fix" it.
- ☐ Stir in the andouille sausage and cook for 5 minutes (andouille sausage is already cooked, so you just need to heat it).
- ☐ Add the shrimp, return to a simmer and cook another 5 minutes, until the shrimp has just cooked through.
- ☐ Add salt and black pepper to taste.
- ☐ Serve with white rice, garnished with green onions. To eat, sprinkle with filé powder and hot sauce.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:6.51, Inflammation Score:-6, Nutrition Score:16.738695466%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 399.41kcal (19.97%), Fat: 16.9g (26.01%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.29g (6.29%), Sugar: 4.69g (5.21%), Cholesterol: 280.67mg (93.56%), Sodium: 940.8mg (40.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.44%), Phosphorus: 453.53mg (45.35%), Copper: 0.76mg (38.12%), Vitamin B3: 5.72mg (28.59%), Vitamin C: 19.78mg (23.97%), Potassium: 838.47mg (23.96%), Zinc: 3.41mg (22.7%), Selenium: 15.33µg (21.9%), Vitamin K: 22.54µg (21.47%), Magnesium: 75.59mg (18.9%), Vitamin B1: 0.27mg (17.76%), Vitamin B2: 0.29mg (16.9%), Vitamin B6: 0.3mg (14.76%), Iron: 2.64mg (14.64%), Vitamin A: 722.91IU (14.46%), Calcium: 126.27mg (12.63%), Manganese: 0.23mg (11.72%), Folate: 38.13µg (9.53%), Vitamin E: 1.14mg (7.6%), Fiber: 1.56g (6.22%), Vitamin B12: 0.37µg (6.17%), Vitamin B5: 0.41mg (4.11%), Vitamin D: 0.53µg (3.53%)