



 **15%**  
HEALTH SCORE

## Shrimp & Sausage Étouffée

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 celery stalks diced finely
- 4 garlic clove minced
- 1 bell pepper diced green finely
- 4 cups chicken stock low-sodium
- 0.3 cup olive oil
- 1 onion diced finely
- 6 servings parsley finely chopped
- 1 pound shrimp raw peeled
- 6 servings salt and pepper

- 6 servings spring onion finely chopped
- 1 teaspoon cajun spice
- 1 pound turkey sausage sliced
- 0.5 cup unbleached flour
- 2 Tbs butter unsalted

## Equipment

- frying pan
- whisk
- pot
- spatula
- dutch oven

## Directions

- Prep everything beforehand. Dice the trinity (onion, celery, bell pepper), mince garlic, season shrimp with salt and pepper, etc. In a medium-heated heavy pot or dutch oven, fry sliced sausage with a little olive oil and set aside. In the same pot, add butter and about 1/4 cup of olive oil. When butter melts, quickly whisk in flour until fully incorporated. Using a wooden spatula, stir continuously (to prevent flour from scorching) until roux is brown, about 10 minutes.
- Add trinity and garlic to the mix and cook for another 5 minutes or so. Make sure the roux doesn't stick to the bottom of the pan, so add more oil if you need to. Now, add the stock to deglaze the pot for a couple of minutes. Then, sprinkle in the Cajun seasoning mix and bring to a boil.
- Let reduce uncovered, still in medium heat, for about 40 minutes or until liquid reaches a gravy-like consistency. In the end, stir in the sausage slices and raw shrimp for a couple more minutes. When it returns to boil, turn off heat and re-season accordingly.
- Let simmer for another 5 minutes before serving. To serve, plate a bed of rice and smother with etouffee.
- Garnish liberally with parsley and scallions.

## Nutrition Facts



■ PROTEIN 32.43% ■ FAT 51.51% ■ CARBS 16.06%

## Properties

Glycemic Index:40.83, Glycemic Load:5.67, Inflammation Score:-7, Nutrition Score:20.761304347826%

## Flavonoids

Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

## Taste

Sweetness: 10.78%, Saltiness: 100%, Sourness: 10.83%, Bitterness: 8.47%, Savoriness: 48.51%, Fattiness: 84.75%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 365.99kcal (18.3%), Fat: 20.98g (32.28%), Saturated Fat: 5.59g (34.92%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.34g (4.85%), Sugar: 1.75g (1.94%), Cholesterol: 162.13mg (54.04%), Sodium: 1124.78mg (48.9%), Protein: 29.72g (59.44%), Vitamin K: 86.46µg (82.34%), Phosphorus: 395.12mg (39.51%), Selenium: 27.01µg (38.58%), Vitamin B3: 7.34mg (36.69%), Vitamin B12: 1.99µg (33.12%), Vitamin C: 26.18mg (31.73%), Vitamin B6: 0.57mg (28.72%), Zinc: 3.46mg (23.07%), Vitamin A: 955.14IU (19.1%), Vitamin E: 2.79mg (18.58%), Copper: 0.34mg (17.15%), Vitamin B2: 0.27mg (15.88%), Potassium: 551.5mg (15.76%), Iron: 2.07mg (11.51%), Vitamin B5: 1.14mg (11.44%), Manganese: 0.23mg (11.28%), Magnesium: 43.6mg (10.9%), Folate: 38.05µg (9.51%), Calcium: 85.61mg (8.56%), Vitamin B1: 0.11mg (7.59%), Fiber: 1.38g (5.51%)