



## Slow-Cooker : Seafood Gumbo

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound bacon diced sliced
- 14 ounce canned tomatoes diced canned
- 1.5 cups celery sliced
- 2 cups chicken broth
- 1 pound crab meat fresh
- 2 garlic cloves minced
- 1.5 cups bell pepper green chopped
- 2 teaspoons kosher salt

- 10 ounce okra frozen thawed sliced
- 1 cup onion sliced
- 1 pound shrimp raw cleaned
- 1 teaspoon thyme leaves dried
- 2 tablespoons worcestershire sauce

## Equipment

- frying pan
- pot
- slotted spoon
- slow cooker

## Directions

- In a large skillet, over medium heat, cook the bacon until crisp. With a slotted spoon, transfer the bacon to a 4- to 6-quart slow cooker. Discard all but a thin coating of fat from the skillet.
- Add the celery, onion, green pepper, and garlic to the skillet and cook over medium heat, stirring frequently, until the vegetables are tender, about 10 minutes. Spoon the vegetables into the cooker and add the broth, tomatoes (with their liquid), Worcestershire, salt, and thyme. Cover and cook on low heat for 4 hours, or on high for 2 hours.
- Add the shrimp, crabmeat, and okra, and cook 1 hour longer on low heat or 1/2 hour longer on high. Tip: Once the ingredients are in the pot and the slow cooker is simmering, don't lift the lid.
- Heat and steam escape. If you do, you'll lose an estimated 20 minutes of cooking time.

## Nutrition Facts

 **PROTEIN 37.34%**  **FAT 43.76%**  **CARBS 18.9%**

## Properties

Glycemic Index:35.67, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:31.940434445506%

## Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.26mg, Quercetin: 16.26mg, Quercetin: 16.26mg, Quercetin: 16.26mg

## Nutrients (% of daily need)

Calories: 344.1kcal (17.21%), Fat: 16.8g (25.85%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 12g (4.36%), Sugar: 6.89g (7.65%), Cholesterol: 153.52mg (51.17%), Sodium: 2562.78mg (111.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Vitamin B12: 7.85µg (130.79%), Selenium: 58.94µg (84.2%), Vitamin C: 56.53mg (68.52%), Copper: 1.1mg (54.77%), Phosphorus: 484.1mg (48.41%), Zinc: 6.34mg (42.28%), Manganese: 0.71mg (35.61%), Vitamin B6: 0.68mg (34.21%), Vitamin K: 28.86µg (27.48%), Magnesium: 109.87mg (27.47%), Vitamin B3: 5.49mg (27.46%), Folate: 103.09µg (25.77%), Potassium: 884.99mg (25.29%), Vitamin B1: 0.36mg (23.83%), Vitamin A: 922.43IU (18.45%), Fiber: 4.33g (17.31%), Calcium: 171.52mg (17.15%), Vitamin E: 2.36mg (15.75%), Iron: 2.58mg (14.35%), Vitamin B2: 0.23mg (13.26%), Vitamin B5: 1.15mg (11.55%), Vitamin D: 0.23µg (1.51%)