



Teddy's Duck Gumbo



Gluten Free



Dairy Free

READY IN



565 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4.5 ounce gumbo base
- ☐ 16 ounce tomatoes diced with green chilies, undrained canned
- ☐ 1.5 cups celery chopped
- ☐ 6 cloves garlic minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 2 pounds okra frozen sliced
- ☐ 1.5 cups onion chopped

- ☐ 16 ounce shrimp frozen deveined cooked peeled and
- ☐ 1 pound sausage smoked cut into 1/2 inch slices
- ☐ 3 cups water
- ☐ 6 pound domestic ducklings whole
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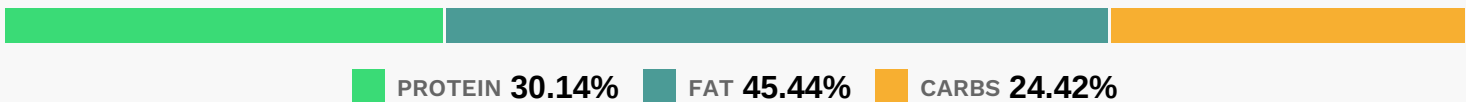
Equipment

- ☐ slow cooker

Directions

- ☐ Place the ducks in a slow cooker, fill with enough water to cover, and cook on Low until juices run clear, about 8 hours.
- ☐ Remove, reserving 3 cups of duck broth, and debone, discarding bones.
- ☐ Place the water and 3 cups of duck broth into a slow cooker.
- ☐ Add the tomatoes, garlic, onion, celery, bell pepper, bay leaves, and gumbo base mix. Cook on High until the mixture boils. Reduce heat, and stir in the duck meat, okra, shrimp, and sausage. Cook until thickened, about 30 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:23.967825827391%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.6mg, Quercetin: 30.6mg, Quercetin: 30.6mg, Quercetin: 30.6mg

Nutrients (% of daily need)

Calories: 316.7kcal (15.83%), Fat: 16.4g (25.23%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 14.29g (5.2%), Sugar: 7.56g (8.4%), Cholesterol: 132.18mg (44.06%), Sodium: 4411.09mg (191.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.95%), Vitamin C: 57.34mg (69.5%), Manganese: 1.17mg (58.52%), Vitamin K: 44.91µg (42.77%), Phosphorus: 320.13mg (32.01%), Vitamin B1: 0.47mg (31.32%), Vitamin B6: 0.58mg (28.8%), Magnesium: 114.85mg (28.71%), Potassium: 917.85mg (26.22%), Folate: 95.37µg (23.84%), Copper: 0.48mg (23.81%), Fiber: 5.54g (22.15%), Vitamin A: 1069.17IU (21.38%), Vitamin B3: 4.14mg (20.7%), Zinc: 2.87mg (19.16%), Selenium: 13.23µg (18.89%), Calcium: 184.6mg (18.46%), Vitamin B12: 1.02µg (16.93%), Vitamin B2: 0.26mg (15.48%), Iron: 2.72mg (15.09%), Vitamin B5: 0.77mg (7.67%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.62µg (4.16%)