

Turkey Gumbo

 Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



1160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon filé powder
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped

- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound sausage smoked cut into 1/2-inch slices
- ☐ 3.5 cups turkey leftover coarsely chopped
- ☐ 6 cups turkey stock
- ☐ 1.1 cups vegetable oil
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

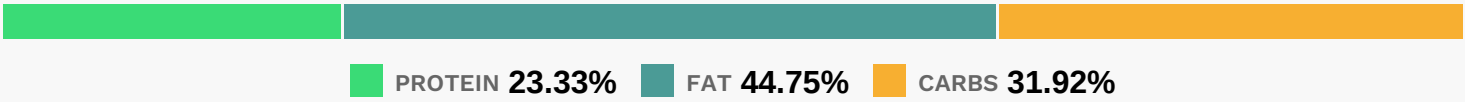
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Stir oil and flour together in a large, heavy-bottomed pot over medium heat. Cook, stirring slowly and constantly to keep the roux from burning, until the mixture becomes a dark chocolate brown, about 25 minutes.
- ☐ Add the onions, celery, and bell peppers to the roux all at once, and continue to stir until vegetables are wilted, about 5 minutes. Season with salt and cayenne pepper.
- ☐ Stir in the smoked sausage and bay leaves, and continue to stir for 3 to 4 minutes.
- ☐ Pour in the turkey stock and stir until the stock and roux mixture are well combined. Bring the gumbo to a boil, then reduce heat to medium-low. Cook, uncovered, stirring occasionally, for 1 hour. Stir in the turkey and the file powder; simmer for 2 hours.
- ☐ About 30 minutes before serving, bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Skim off any fat that rises to the surface of the gumbo; remove from heat. Stir in the parsley and green onions.
- ☐ Remove the bay leaves, and serve the gumbo in deep bowls with rice.

Nutrition Facts



Properties

Glycemic Index:75.3, Glycemic Load:45.5, Inflammation Score:-8, Nutrition Score:43.091304115627%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

Nutrients (% of daily need)

Calories: 1160.35kcal (58.02%), Fat: 56.61g (87.1%), Saturated Fat: 16.3g (101.9%), Carbohydrates: 90.89g (30.3%), Net Carbohydrates: 86.73g (31.54%), Sugar: 9.87g (10.96%), Cholesterol: 224.68mg (74.89%), Sodium: 1921.86mg (83.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.4g (132.8%), Vitamin B3: 24.47mg (122.37%), Selenium: 79.89µg (114.12%), Vitamin K: 92.59µg (88.18%), Vitamin B6: 1.44mg (72.24%), Vitamin B2: 1.11mg (65.22%), Phosphorus: 622.85mg (62.29%), Vitamin B1: 0.88mg (58.42%), Manganese: 1.01mg (50.51%), Vitamin C: 41.02mg (49.72%), Vitamin B12: 2.96µg (49.36%), Zinc: 6.98mg (46.51%), Folate: 144.01µg (36%), Potassium: 1241.7mg (35.48%), Iron: 6.06mg (33.64%), Copper: 0.62mg (31.09%), Magnesium: 102.18mg (25.55%), Vitamin B5: 2.49mg (24.9%), Fiber: 4.16g (16.63%), Vitamin A: 660.58IU (13.21%), Vitamin D: 1.74µg (11.58%), Vitamin E: 1.61mg (10.72%), Calcium: 98.47mg (9.85%)