



Ultimate Gulf Coast Gumbo

 Dairy Free

READY IN



230 min.

SERVINGS



20

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound andouille sausage diced
- 2 bay leaves
- 18 ounce crab meat drained canned
- 5 stalks celery chopped
- 1 cup chicken broth
- 0.5 cup corn oil
- 2 tablespoons filé powder
- 0.5 cup flour all-purpose

- 4 cloves garlic minced
- 1 bell pepper green chopped
- 1 tablespoon ground pepper
- 2 tablespoons old bay seasoning tm
- 2 onions chopped
- 1 tablespoon salt
- 4 pounds shrimp deveined peeled
- 5 large tomatoes chopped
- 3 pound meat from a rotisserie chicken whole

Equipment

- pot

Directions

- Peel and devein the shrimp. Refrigerate shrimp meat.
- Place the shrimp heads and shells in a large pot, and cover with 2 quarts of water. Cover, and simmer over medium low heat until liquid is reduced by half. Strain out the shrimp heads and shells.
- Select a large stock pot capable of holding all the ingredients.
- Add oil to the pot, and heat over medium high heat. Using a long handled spoon, stir in flour; cook and stir for several minutes until dark brown. At that point, the flour suddenly puffs and absorbs the oil. Slowly stir in chicken broth and an equal amount of water.
- Place chicken in the pot.
- Add onions, celery, bell pepper, tomatoes, garlic, bay leaves, red pepper flakes, Old Bay seasoning, and salt. Boil for about 1 1/2 hours, or until chicken meat is no longer pink and the juices run clear.
- Remove chicken from the pot, and set aside until cool enough to handle.
- Remove bones, and chop the chicken into about one inch pieces.
- Add chicken meat, shrimp broth, crab meat, sausage, and shrimp to .

Add the file powder, and stir from the bottom of the pot. When the gumbo comes to a boil, remove from heat. Continue to stir from the bottom for 1 minute.

Serve.

Nutrition Facts

PROTEIN 48.55% **FAT 41.89%** **CARBS 9.56%**

Properties

Glycemic Index:12.2, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:14.558695575465%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 282.32kcal (14.12%), Fat: 13.12g (20.19%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.53g (2.01%), Sugar: 2.29g (2.54%), Cholesterol: 215.04mg (71.68%), Sodium: 862.73mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.44%), Phosphorus: 359.53mg (35.95%), Copper: 0.65mg (32.27%), Selenium: 21.68µg (30.97%), Vitamin B3: 4.9mg (24.51%), Zinc: 3.35mg (22.3%), Vitamin B12: 1.18µg (19.59%), Potassium: 620.94mg (17.74%), Vitamin C: 13.94mg (16.89%), Magnesium: 61.15mg (15.29%), Vitamin B6: 0.29mg (14.45%), Vitamin A: 617.14IU (12.34%), Vitamin K: 11.49µg (10.94%), Manganese: 0.21mg (10.53%), Calcium: 105.26mg (10.53%), Vitamin B1: 0.14mg (9.4%), Iron: 1.68mg (9.35%), Vitamin E: 1.32mg (8.81%), Folate: 34.88µg (8.72%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.82mg (8.19%), Fiber: 1.21g (4.83%), Vitamin D: 0.38µg (2.55%)