

Vegetable Gumbo

 Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce black-eyed peas frozen
- ☐ 2 stalks celery chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cloves garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 small onion chopped
- ☐ 1 teaspoon paprika smoked hot (preferably)

- ☐ 1 pound swiss chard stemmed chopped
- ☐ 2 cups vegetable broth low-sodium
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce

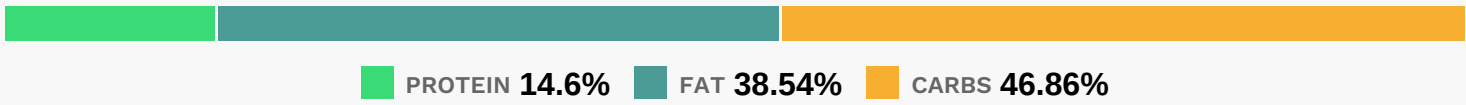
Equipment

- ☐ pot

Directions

- ☐ Heat the vegetable oil in a large pot over medium-high heat.
- ☐ Add the flour and cook, stirring, until golden, about 3 minutes.
- ☐ Add the onion, bell pepper, celery, garlic, 3 tablespoons water and 1/4 teaspoon each salt and pepper. Reduce the heat to medium, cover and cook, stirring occasionally, until the vegetables soften, about 8 minutes.
- ☐ Add the soy sauce and paprika and cook, stirring, 30 seconds. Stir in the vegetable broth, scraping up any browned bits from the bottom of the pot, then cover and bring to a boil.
- ☐ Add the greens and black-eyed peas to the pot. Reduce the heat, cover and simmer, stirring occasionally, until tender, about 15 minutes. Season with salt and pepper.
- ☐ Serve with the rice, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:27.734782426254%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin:

3.56mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 245.69kcal (12.28%), Fat: 11.04g (16.98%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 21.76g (7.91%), Sugar: 6.33g (7.03%), Cholesterol: 0mg (0%), Sodium: 511.84mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.81%), Vitamin K: 969.8µg (923.62%), Vitamin A: 7396.11IU (147.92%), Vitamin C: 61.4mg (74.42%), Folate: 187.74µg (46.93%), Manganese: 0.92mg (45.78%), Magnesium: 139.59mg (34.9%), Fiber: 8.42g (33.69%), Iron: 4.63mg (25.73%), Potassium: 816.9mg (23.34%), Vitamin E: 3.5mg (23.32%), Copper: 0.45mg (22.67%), Phosphorus: 192.19mg (19.22%), Vitamin B1: 0.27mg (18.07%), Vitamin B6: 0.33mg (16.33%), Vitamin B2: 0.21mg (12.2%), Zinc: 1.51mg (10.08%), Calcium: 100.57mg (10.06%), Selenium: 5.24µg (7.49%), Vitamin B3: 1.46mg (7.3%), Vitamin B5: 0.64mg (6.37%)