



Warm Gumbo Dip

READY IN



60 min.

SERVINGS



10

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bell peppers assorted chopped
- 1 slices bread baguette french toasted
- 0.3 cup butter
- 2 rib celery diced
- 8 oz cream cheese
- 1.5 teaspoons creole seasoning
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic clove pressed
- 6 green onions sliced

- 0.8 cup pickled okra sliced
- 0.5 cup parmesan cheese grated
- 1.5 pounds shrimp raw peeled chopped

Equipment

- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 400
- Melt butter in a Dutch oven over medium heat; add green onions and next 2 ingredients. Cook, stirring occasionally, 6 to 8 minutes or until peppers are tender. Stir in shrimp and next 2 ingredients; cook, stirring occasionally, 2 minutes. Reduce heat to low; add cream cheese, stirring until cheese is melted.
- Remove from heat, and stir in okra and 1/2 cup Parmesan cheese. Spoon mixture into a 2-qt. baking dish, and sprinkle with remaining 2 Tbsp. cheese.
- Bake at 400 for 25 to 30 minutes or until bubbly and lightly browned.
- Sprinkle with parsley.
- Serve with bread.

Nutrition Facts



Properties

Glycemic Index:37.95, Glycemic Load:3.36, Inflammation Score:-8, Nutrition Score:12.245217338852%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 217.2kcal (10.86%), Fat: 14.78g (22.74%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.13g (2.59%), Sugar: 2.1g (2.34%), Cholesterol: 125.19mg (41.73%), Sodium: 621.85mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Selenium: 25.91µg (37.01%), Vitamin K: 32.61µg (31.06%), Vitamin C: 23.54mg (28.54%), Vitamin A: 1397.28IU (27.95%), Phosphorus: 243.03mg (24.3%), Vitamin B12: 0.88µg (14.7%), Calcium: 122.18mg (12.22%), Vitamin E: 1.66mg (11.04%), Vitamin B6: 0.21mg (10.46%), Folate: 40.89µg (10.22%), Vitamin B3: 1.84mg (9.22%), Manganese: 0.16mg (7.99%), Vitamin B2: 0.14mg (7.99%), Copper: 0.16mg (7.98%), Zinc: 1.19mg (7.93%), Magnesium: 29.38mg (7.34%), Vitamin B1: 0.1mg (6.35%), Potassium: 210.8mg (6.02%), Vitamin B5: 0.46mg (4.61%), Iron: 0.74mg (4.1%), Fiber: 1g (3.99%)