

Seafood Gumbo III

Alice V. Cinader

Gourmet Eating in South Carolina - (1985)

*1/4 cup butter
1 large onion, diced
1 can (15 ounce) tomatoes
1 small green pepper, diced
1/4 teaspoon Tabasco sauce
1 bay leaf
2 cups shrimp (optional)
2 cups crabmeat (optional)
2 cups oysters (optional)
2 tablespoons flour
2 cups (or less) cut okra
1/8 teaspoon thyme
2 cups liquid (water and juice from
the seafood)
cooked rice*

In a pot, saute' the onion and green pepper in butter. Add the flour and brown slightly.

Add the tomatoes, Tabasco, bay leaf, okra, thyme and liquid. Simmer for 30 minutes, stirring occasionally.

Add the seafood. (Any combination of shrimp, crabmeat or oysters totaling two cups.) Season to taste. Cook 5 minutes longer.

Serve over cooked rice. Add a final dash of Tabasco sauce.

Per Serving (excluding unknown items): 564 Calories; 47g Fat (72.3% calories from fat); 5g Protein; 35g Carbohydrate; 6g Dietary Fiber; 124mg Cholesterol; 491mg Sodium. Exchanges: 1 Grain(Starch); 4 Vegetable; 9 Fat.

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Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	564	Vitamin B6 (mg):	.5mg
% Calories from Fat:	72.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	24.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	47g	Folacin (mcg):	72mcg
Saturated Fat (g):	29g	Niacin (mg):	2mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 124mg
 Carbohydrate (g): 35g
 Dietary Fiber (g): 6g
 Protein (g): 5g
 Sodium (mg): 491mg
 Potassium (mg): 691mg
 Calcium (mg): 59mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 138mg
 Vitamin A (i.u.): 3273IU
 Vitamin A (r.e.): 582 1/2RE

Alcohol (kcal): 0
 % Deficit: 0.0%

Food Exchanges

Grain (Starch): 1
 Lean Meat: 0
 Vegetable: 4
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 9
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 564 Calories from Fat: 408

% Daily Values*

Total Fat	47g	72%
Saturated Fat	29g	144%
Cholesterol	124mg	41%
Sodium	491mg	20%
Total Carbohydrates	35g	12%
Dietary Fiber	6g	24%
Protein	5g	
Vitamin A		65%
Vitamin C		230%
Calcium		6%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.