

Seafood Gumbo IV

Doherty Hotel - Clare, MI

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

3 tablespoons shortening
3 tablespoons flour
1 large onion, chopped
1/2 green bell pepper
3 cloves garlic, minced
1 stalk (or more) celery
salt
2 teaspoons Tabasco sauce
seafood seasoning (to taste)
cayenne pepper (optional)
1 can (6 ounce) crab meat
1 can (12 ounce) Rotel tomatoes
2 pounds boiled shrimp (fresh or frozen), peeled and deveined
1 can okra
1 teaspoon parsley flakes
shrimp file' (for seasoning)

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In a skillet, heat the shortening. Sprinkle the flour over the shortening, stirring constantly. Cook over medium-high heat until the mixture is brown.

Add the onion, bell pepper, garlic and celery. Cook until the onion is translucent. Transfer from the skillet to a four-quart pot.

Slowly add two quarts of water. Stir. Add the salt, Tabasco, seafood seasoning and parsley. Add the cayenne, only if needed.

Add the crabmeat and tomatoes. Cook for one hour.

Add the shrimp and okra. Cook until heated. (Important!!!! Do not over cook the shrimp.)

Serve with rice. Pass the shrimp file', for seasoning.

Per Serving (excluding unknown items): 113 Calories; 7g Fat (53.9% calories from fat); 6g Protein; 7g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 90mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.7%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	20.5%
Total Fat (g):	7g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	20mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	90mg
Potassium (mg):	211mg
Calcium (mg):	47mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	193IU
Vitamin A (r.e.):	19 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	33mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	113	Calories from Fat: 61
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% Daily Values*

Total Fat	7g	10%
Saturated Fat	2g	8%
Cholesterol	20mg	7%
Sodium	90mg	4%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	5%
Protein	6g	

Vitamin A	4%
Vitamin C	27%
Calcium	5%
Iron	4%

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