

SHRIMP & OKRA GUMBO



A healthy and satisfying dish, this African-inspired shrimp and gumbo will stick to your ribs!

Yield: 50

Recipe compliments of *Chef Johnnie Gale*, Corporate Chef of Ocean Select Seafood and Guidry's Catfish. Nutrition Analysis & Healthy Swaps provided by *Laurel Blackerby MSN, RDN, CHC*



INGREDIENTS (For 50 servings)

- 42oz (~17 cups) okra, freshly cut or frozen
- 2 cups oil
- 1 2/3 cups flour
- 1 2/3 cups oil
- 4 1/4 cups onion, chopped
- 1 2/3 cups bell pepper, chopped
- 1 1/4 cups celery, chopped
- 4 gal water or stock
- 1 Tbsp + 1 tsp sea salt
- 1 tsp black pepper, to taste
- 1/2 cup Creole Seasoning
- 8 lbs Gulf Shrimp, peeled & deveined
- 2 cup (~8.3oz) green onion, chopped
- 25 cups (~11lbs) of cooked brown rice, for serving

DIRECTIONS

1. Smother okra in oil for approximately 20 minutes on medium heat, stirring constantly not to burn.
2. In a large pot, make a roux by browning the flour and oil until they reach a medium brown color.
3. Add onion, bell pepper, and celery and sauté until they wilt and onions are transparent, approximately 5 minutes.
4. Add okra and water and season with salt, pepper, and Creole seasoning. Cook on medium heat for 1 hour.
5. Add shrimp and green onion tops. Cook for 20 minutes at medium boil. Serve with 1/2 cup cooked brown rice.

Nutrition Facts	
50 servings per container	
Serving size	2.5 Cups (443g)
Amount Per Serving	
Calories	450
<small>% Daily Value*</small>	
Total Fat 27g	35%
Saturated Fat 3g	15%
Trans Fat 0g	
Monounsaturated Fat 3.5g	
Cholesterol 95mg	32%
Sodium 1340mg	58%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 0.8mg	4%
Potassium 250mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALLERGENS

Contains: Crustacean Shellfish (Shrimp), and Wheat

NUTRITION

Serving Size: 2 1/2 cups (445g).
 Servings: 12. Calories: 450
 27g Fat (3g Saturated Fat, 0g Trans Fats, 95mg Cholesterol).
 1,340mg Sodium. 36g

Carbohydrates (5g Fiber, 2g Total Sugar, 0g Added Sugars). 15g Protein. 0µg Vitamin D, 100mg Calcium, 0.8mg Iron, 250mg Potassium.

EXCHANGES

5 servings of Fat, 1 serving Vegetables, 3-1oz servings of Protein, 3 servings of Whole Grains

DIETARY SWAPS

- **Lower Fat:** Make “Skinny Roux” by dry roasting AP flour in the oven at 450 degrees F for 20-30 minutes, or until desired color is reached. Cook roux with equal amounts of cold water. 310 Calories. 12g Fat (1.5g Saturated Fat, 0g Trans Fats, 95mg Cholesterol). 1,340mg Sodium. 36g Carbohydrates (5g Fiber, 2g Total Sugar, 0g Added Sugars). 15g Protein.
- **Lower Carbohydrate:** Make “keto roux” by substituting 2oz (~1/2 cup) whey protein isolate powder for flour. 320 Calories. 26g Fat (3g Saturated Fat, 0g Trans Fats, 95mg Cholesterol). 1,360mg Sodium. 6g Carbohydrates (2g Fiber, 2g Total Sugar, 0g Added Sugars). 16g Protein.
- **Lower Sodium:** Use salt-free Creole seasoning. This reduces sodium to 610mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Use gluten-free 1:1 flour. Ensure Creole seasoning is gluten-free. No significant change in macros.

HEALTH POINTS

- Excellent source of protein. Contains 15g per serving.
- Good source of Vitamin E. Contains 10.3mg (69% RI) per serving.
- Good source of Vitamin B12. Contains 1.8mcg (74% RI) per serving.
- Excellent source of Selenium. Contains 73mcg (133% RI) per serving.
- Contains 35.3mg (122% RI) of monounsaturated fatty acids to support brain and heart health.