



Bayou-Self" Crawfish Boil

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bay leaves crumbled
- 0.3 teaspoon peppercorns black
- 3 tablespoons coriander seeds
- 6 pounds live crawfish
- 2 teaspoons pepper red crushed
- 4 ears shucked corn halved
- 4 garlic heads whole
- 2 tablespoons ground pepper red

- 4 lemons halved
- 0.3 cup mustard seeds
- 4 onions halved
- 3 tablespoons paprika
- 12 ounces potatoes red
- 0.8 cup salt
- 0.3 cup all that jazz seasoning
- 2 gallons water
- 2 tablespoons allspice whole

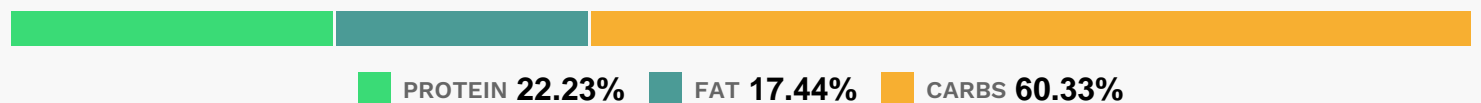
Equipment

- pot
- cheesecloth

Directions

- Place first 7 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- Combine cheesecloth bag, water, salt, All That Jazz Seasoning, paprika, and ground red pepper in an extra-large stockpot, and bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- Add the potatoes, onions, lemons, and garlic. Cover and return to a boil; cook 10 minutes.
- Add the corn and crawfish. Cover and return to a boil; cook 15 minutes or until done.
- Let stand 30 minutes.
- Drain; discard cheesecloth bag.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:52.301739153655%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 24.17mg, Quercetin: 24.17mg, Quercetin: 24.17mg, Quercetin: 24.17mg

Nutrients (% of daily need)

Calories: 428.03kcal (21.4%), Fat: 9.57g (14.72%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 74.48g (24.83%), Net Carbohydrates: 53.4g (19.42%), Sugar: 16.33g (18.14%), Cholesterol: 111.86mg (37.29%), Sodium: 21459.61mg (933.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.88%), Manganese: 2.09mg (104.65%), Vitamin C: 85.45mg (103.57%), Vitamin K: 103.46µg (98.53%), Vitamin A: 4448.39IU (88.97%), Fiber: 21.08g (84.32%), Selenium: 54.98µg (78.54%), Iron: 11.95mg (66.41%), Copper: 1.33mg (66.31%), Magnesium: 230.44mg (57.61%), Phosphorus: 539.08mg (53.91%), Calcium: 516.3mg (51.63%), Vitamin B6: 1mg (49.76%), Potassium: 1693.12mg (48.37%), Vitamin B12: 2.53µg (42.18%), Vitamin E: 6.15mg (41.03%), Folate: 154.3µg (38.57%), Vitamin B1: 0.5mg (33.27%), Vitamin B3: 6.42mg (32.12%), Zinc: 4.03mg (26.87%), Vitamin B2: 0.41mg (24.28%), Vitamin B5: 2.03mg (20.26%)