

# Boiled Crawfish

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



5

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup pepper black
- 5 large stalks celery cut into chunks
- 10 pounds live crawfish rinsed
- 10 large cloves garlic halved
- 6 jalapeño peppers halved seeded
- 2 lemons quartered
- 2 large onions quartered
- 2 oranges quartered

0.3 cup lawry's seasoned salt

## Equipment

pot

## Directions

Place onions, garlic, lemons, oranges, celery, and jalapeno peppers into a 4 or 5 gallon pot. Season with pepper and seasoned salt; fill with enough water to fill the pot 3/4 full. Bring to a hard boil over intense heat, and allow to boil for 20 minutes.

Add the crawfish, cover, and boil for 20 minutes until the shells turn red.

Drain and eat.

## Nutrition Facts



**PROTEIN 41.07%** **FAT 9%** **CARBS 49.93%**

## Properties

Glycemic Index:44.2, Glycemic Load:6.44, Inflammation Score:-8, Nutrition Score:28.342608970145%

## Flavonoids

Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg Hesperetin: 26.33mg, Hesperetin: 26.33mg, Hesperetin: 26.33mg, Hesperetin: 26.33mg Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 14.02mg, Quercetin: 14.02mg, Quercetin: 14.02mg, Quercetin: 14.02mg

## Nutrients (% of daily need)

Calories: 204.97kcal (10.25%), Fat: 2.21g (3.41%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 19.93g (7.25%), Sugar: 9.89g (10.99%), Cholesterol: 149.14mg (49.71%), Sodium: 5803.42mg (252.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.48%), Manganese: 2.02mg (101.04%), Vitamin C: 78.79mg (95.51%), Selenium: 39.64µg (56.63%), Vitamin B12: 3.37µg (56.25%), Copper: 0.9mg (44.79%), Phosphorus: 335.84mg (33.58%), Vitamin K: 34.53µg (32.89%), Fiber: 7.72g (30.87%), Vitamin B6: 0.49mg (24.63%), Potassium: 829.26mg (23.69%), Magnesium: 79.41mg (19.85%), Calcium: 186.3mg (18.63%), Iron: 3.07mg (17.04%), Folate: 64.97µg (16.24%), Zinc: 2.08mg (13.84%), Vitamin B3: 2.6mg (12.98%), Vitamin A: 608.99IU (12.18%), Vitamin B1: 0.18mg (12.1%), Vitamin B5: 1.2mg (11.97%), Vitamin B2: 0.2mg (11.49%), Vitamin E: 1.01mg

(6.72%)