

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%)