



Broiled Crawfish with Horseradish Cocktail Sauce



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 celery stalks cut into chunks
- ☐ 1.5 cups chili sauce (such as Homade brand)
- ☐ 4 pounds crawfish tails fresh
- ☐ 3 large garlic clove peeled
- ☐ 3 teaspoons horseradish white cream-style prepared ()
- ☐ 10 servings ice cubes
- ☐ 7 teaspoons juice of lemon fresh

- ☐ 10 servings lemon wedges
- ☐ 3 optional: lemon thinly sliced
- ☐ 1 large onion peeled quartered
- ☐ 1 teaspoon hot sauce hot
- ☐ 4 turkish bay leaf
- ☐ 2 teaspoons worcestershire sauce

Equipment

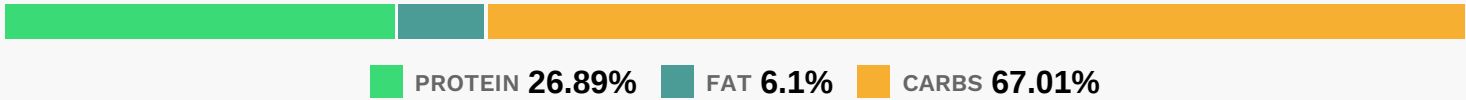
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Whisk first 4 ingredients and 3 teaspoons horseradish in medium bowl to blend. Season to taste with freshly ground black pepper and more horseradish, if desired.
- ☐ Transfer to small bowl. DO AHEAD: Sauce can be made 1 day ahead. Cover and chill.
- ☐ For crawfish;
- ☐ Combine first 7 ingredients in 10-to 12-quart large pot.
- ☐ Add 4 quarts water and 2 tablespoons salt. Bring to boil over high heat, stirring until salt dissolves. Boil 5 minutes.
- ☐ Add crawfish and boil 5 minutes.
- ☐ Remove from heat.
- ☐ Add ice cubes to pot to stop cooking.
- ☐ Let crawfish sit in cooking liquid 15 minutes.
- ☐ Using slotted spoon, transfer all crawfish to large bowl. Reserve 10 whole crawfish for garnish. Working with remaining crawfish 1 at a time, hold head and body with 1 hand and twist off tail portion with opposite hand. Discard head portion. Peel shell off tail and clean tail.
- ☐ Place tail in medium bowl. DO AHEAD: Can be made 8 hours ahead. Cover and chill tails and reserved 10 crawfish.

- ☐ Divide cleaned crawfish evenly among 10 dishes.
- ☐ Garnish with whole crawfish.
- ☐ Serve crawfish with cocktail sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:6.8295652244402%

Flavonoids

Eriodictyol: 7.3mg, Eriodictyol: 7.3mg, Eriodictyol: 7.3mg, Eriodictyol: 7.3mg Hesperetin: 9.83mg, Hesperetin: 9.83mg, Hesperetin: 9.83mg, Hesperetin: 9.83mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 76.39kcal (3.82%), Fat: 0.55g (0.85%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 11.35g (4.13%), Sugar: 7.28g (8.08%), Cholesterol: 29.83mg (9.94%), Sodium: 607.55mg (26.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin C: 27.99mg (33.93%), Selenium: 8.29µg (11.84%), Vitamin B12: 0.67µg (11.25%), Copper: 0.21mg (10.7%), Fiber: 2.28g (9.13%), Phosphorus: 86.68mg (8.67%), Potassium: 295.74mg (8.45%), Vitamin B6: 0.16mg (7.77%), Vitamin A: 306.77IU (6.14%), Vitamin E: 0.85mg (5.67%), Vitamin B3: 1.1mg (5.49%), Iron: 0.91mg (5.06%), Manganese: 0.1mg (4.93%), Vitamin B1: 0.07mg (4.76%), Magnesium: 18.03mg (4.51%), Calcium: 37.92mg (3.79%), Folate: 14.81µg (3.7%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.47mg (3.13%), Vitamin K: 2.6µg (2.47%), Vitamin B5: 0.21mg (2.08%)