



Cajun Crawfish Corn Bread

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 8.8 ounce regular corn cream-style canned
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup buttermilk low-fat
- ☐ 9 ounces crawfish tail meat cooked coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons all that jazz seasoning
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 1.5 cups cornmeal yellow

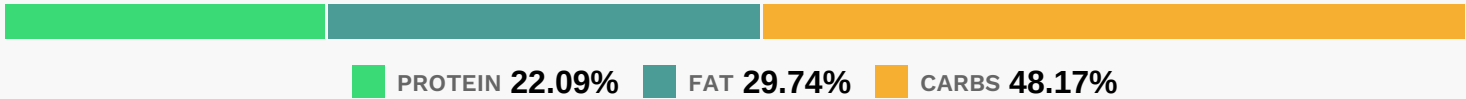
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Coat a 9-inch cast-iron skillet with cooking spray.
- ☐ Place in a 375 oven for 10 minutes.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a large bowl.
- ☐ Combine crawfish and remaining ingredients in a medium bowl; stir well with a whisk.
- ☐ Add to flour mixture, stirring until moist.
- ☐ Pour batter into preheated pan.
- ☐ Bake at 375 for 35 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:11.85, Inflammation Score:-3, Nutrition Score:8.8452174041582%

Nutrients (% of daily need)

Calories: 199.42kcal (9.97%), Fat: 6.67g (10.26%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 21.68g (7.88%), Sugar: 2.05g (2.28%), Cholesterol: 41.87mg (13.96%), Sodium: 392mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Selenium: 14.8µg (21.14%), Phosphorus: 198.69mg (19.87%), Calcium: 168.41mg (16.84%), Vitamin B3: 3.28mg (16.38%), Vitamin B6: 0.32mg (16.05%), Manganese: 0.22mg (11.22%), Vitamin B2: 0.18mg (10.87%), Fiber: 2.61g (10.43%), Magnesium: 39.52mg (9.88%), Zinc: 1.39mg (9.3%), Vitamin B1: 0.13mg (8.79%), Iron: 1.51mg (8.37%), Folate: 33.06µg (8.27%), Potassium: 234.5mg (6.7%), Vitamin B5: 0.65mg (6.53%), Vitamin K: 5.55µg (5.28%), Copper: 0.09mg (4.32%), Vitamin A: 191.39IU (3.83%), Vitamin B12: 0.23µg (3.8%), Vitamin E: 0.43mg (2.89%), Vitamin C: 1.32mg (1.6%), Vitamin D: 0.16µg (1.08%)