



Cajun Shrimp-and-Crab Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce andouille sausage
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon celery seed
- ☐ 1.8 cups chicken broth
- ☐ 6 servings grits hot cooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped

- ☐ 0.5 pound lump crab meat fresh drained
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled

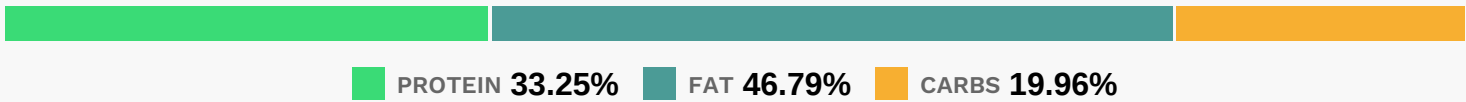
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Peel shrimp, and devein, if desired. Set aside.
- ☐ Cut sausage into 1/4-inch-thick slices. Cook sausage in a large skillet over medium-high heat 5 minutes or until golden brown.
- ☐ Remove sausage, and drain on paper towels, reserving drippings in pan. Set sausage aside.
- ☐ Saut onion and bell pepper in drippings and hot oil 8 minutes or until tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute or until flour is browned.
- ☐ Whisk in chicken broth. Bring to a boil; reduce heat, and simmer 2 minutes. Stir in shrimp, and cook, stirring occasionally, 4 minutes or just until shrimp turn pink. Stir in sausage, crabmeat, and next 4 ingredients; cook, stirring occasionally, until thoroughly heated.
- ☐ Serve immediately over hot cooked grits.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:20.725652124571%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 467.82kcal (23.39%), Fat: 24.25g (37.3%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 21.44g (7.8%), Sugar: 2.97g (3.3%), Cholesterol: 203.98mg (67.99%), Sodium: 1328.74mg (57.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.52%), Vitamin B12: 4.16µg (69.28%), Selenium: 33.67µg (48.11%), Phosphorus: 393.34mg (39.33%), Copper: 0.74mg (37.17%), Zinc: 5.44mg (36.28%), Vitamin B3: 6.35mg (31.77%), Vitamin C: 24.93mg (30.22%), Vitamin B1: 0.39mg (25.86%), Potassium: 665.38mg (19.01%), Magnesium: 70.37mg (17.59%), Vitamin B6: 0.35mg (17.51%), Vitamin B2: 0.28mg (16.59%), Folate: 60.18µg (15.04%), Iron: 2.59mg (14.41%), Manganese: 0.24mg (11.83%), Calcium: 90.7mg (9.07%), Vitamin B5: 0.81mg (8.05%), Vitamin E: 1.17mg (7.8%), Fiber: 1.83g (7.31%), Vitamin D: 1.06µg (7.06%), Vitamin K: 4.85µg (4.62%), Vitamin A: 138.83IU (2.78%)