



## Courtney's Crawfish Chowder

READY IN



55 min.

SERVINGS



10

CALORIES



278 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 5 bay leaves
- 0.5 cup butter
- 4 teaspoons cajun spice
- 1 cup celery chopped
- 12 ounce crawfish tails whole cooked peeled
- 1 teaspoon thyme leaves dried
- 0.5 cup flour all-purpose
- 1 teaspoon ground pepper black
- 4 cups half-and-half

- 1 cup onion chopped
- 2 cups potatoes diced finely
- 2 teaspoons salt
- 0.5 cup water or as needed

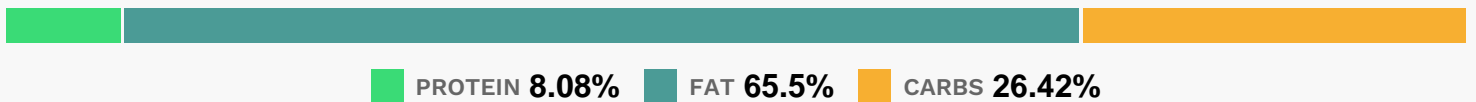
## Equipment

- sauce pan
- whisk

## Directions

- Place potatoes, onion, celery, 1/4 cup butter, bay leaves, and thyme in a large saucepan with water. Bring to a boil, reduce heat, and simmer until vegetables are tender, about 20 minutes.
- Melt remaining 1/2 cup butter over medium-low heat.
- Whisk flour into melted butter for 2 minutes; slowly whisk half-and-half into flour mixture and season with Cajun seasoning, salt, and black pepper.
- Whisk continuously to prevent boiling until mixture is thickened. Stir in potato mixture and crawfish tails; cook, stirring constantly, until heated through, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:31.48, Glycemic Load:9.25, Inflammation Score:-7, Nutrition Score:8.5282609773719%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

## Nutrients (% of daily need)

Calories: 277.83kcal (13.89%), Fat: 20.64g (31.76%), Saturated Fat: 12.7g (79.39%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 16.83g (6.12%), Sugar: 5.25g (5.83%), Cholesterol: 63.88mg (21.29%), Sodium: 613.69mg

(26.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin A: 1076.88IU (21.54%), Vitamin B2: 0.26mg (15.3%), Phosphorus: 145.36mg (14.54%), Vitamin C: 10.74mg (13.02%), Calcium: 127.75mg (12.77%), Vitamin B6: 0.23mg (11.33%), Potassium: 395.42mg (11.3%), Selenium: 7.04µg (10.06%), Manganese: 0.2mg (9.96%), Vitamin B1: 0.13mg (8.47%), Vitamin K: 8.58µg (8.17%), Fiber: 1.91g (7.63%), Folate: 29.32µg (7.33%), Magnesium: 27.18mg (6.79%), Iron: 1.11mg (6.14%), Vitamin B3: 1.13mg (5.65%), Vitamin B12: 0.33µg (5.5%), Copper: 0.11mg (5.41%), Vitamin B5: 0.53mg (5.32%), Vitamin E: 0.79mg (5.24%), Zinc: 0.7mg (4.68%)