



Crab-and-Shrimp Étouffée

READY IN



47 min.

SERVINGS



6

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup celery chopped
- ☐ 14 oz chicken broth canned
- ☐ 5 cups rice long-grain hot cooked
- ☐ 16 oz crab meat fresh flaked drained
- ☐ 1 tablespoon creole seasoning low-sodium
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 leaf garnish: flat parsley fresh chopped
- ☐ 0.3 cup flour all-purpose

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 tablespoons olive oil
- ☐ 0.7 cup onion chopped
- ☐ 2 pounds shrimp raw unpeeled
- ☐ 1 tablespoon tomato paste
- ☐ 2 teaspoons worcestershire sauce

Equipment

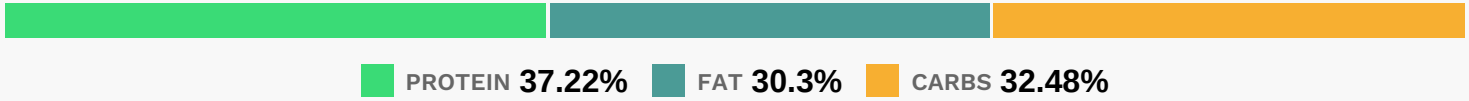
- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Melt butter with oil in a large Dutch oven over medium-high heat; stir in flour, and cook, stirring constantly, 5 minutes or until caramel colored.
- ☐ Add chopped onion, green pepper, and celery; cook, stirring constantly, 4 minutes or until vegetables are tender.
- ☐ Add minced garlic, and saut 1 minute.
- ☐ Stir in chicken broth, white wine, and next 6 ingredients, and cook, stirring occasionally, 10 minutes.
- ☐ Add shrimp. Cover, reduce heat, and simmer, stirring occasionally, 5 minutes.
- ☐ Stir in crabmeat; cook, stirring often, until thoroughly heated.
- ☐ Spoon shrimp mixture into individual serving bowls. Spoon hot cooked rice on top of shrimp mixture.
- ☐ Garnish, if desired.

- ☐ *2 (16-oz.) packages frozen unpeeled, raw shrimp, thawed according to package directions, may be substituted.
- ☐ Note: For testing purposes only, we used Tony Chachere's Lite Creole Seasoning.

Nutrition Facts



Properties

Glycemic Index:86.83, Glycemic Load:44.61, Inflammation Score:-8, Nutrition Score:31.973043389942%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 628.9kcal (31.44%), Fat: 20.33g (31.27%), Saturated Fat: 7.39g (46.22%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 47.31g (17.21%), Sugar: 1.91g (2.12%), Cholesterol: 275.67mg (91.89%), Sodium: 1931.43mg (83.98%), Alcohol: 1.37g (100%), Alcohol %: 0.35% (100%), Protein: 56.18g (112.36%), Vitamin B12: 9.16µg (152.66%), Selenium: 97.35µg (139.07%), Phosphorus: 722.1mg (72.21%), Copper: 1.15mg (57.26%), Zinc: 8.46mg (56.43%), Manganese: 0.85mg (42.38%), Vitamin B6: 0.7mg (35.1%), Vitamin B3: 6.34mg (31.7%), Vitamin K: 30.6µg (29.15%), Magnesium: 108.88mg (27.22%), Vitamin E: 3.59mg (23.93%), Vitamin A: 1187.38IU (23.75%), Folate: 91.26µg (22.82%), Vitamin C: 15.82mg (19.17%), Potassium: 621.78mg (17.77%), Calcium: 161.03mg (16.1%), Iron: 2.73mg (15.17%), Vitamin B5: 1.35mg (13.52%), Vitamin B2: 0.21mg (12.2%), Vitamin B1: 0.17mg (11.28%), Fiber: 1.69g (6.77%), Vitamin D: 0.22µg (1.45%)