



Cramer Family Stuffed Crawfish Bread

READY IN



75 min.

SERVINGS



24

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.8 pound crawfish tails whole cooked peeled
- 12 fluid ounce evaporated milk or as needed canned
- 1 onion chopped
- 2 pounds processed cheese food cubed velveeta® (such as)
- 24 brown and serve pistolette rolls
- 2 quarts vegetable oil for frying

Equipment

paper towels

sauce pan

Directions

Melt the butter in a saucepan over medium heat. Stir in the onion and cook until the onion has softened and turned translucent, about 5 minutes.

Pour in the evaporated milk, cheese, and crawfish tails. Cook and stir until the cheese has melted and the sauce is smooth, about 5 minutes more. Use the end of a spoon to poke a hole into each pistolette roll. Fill each roll with about 1 tablespoon of the crawfish filling.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Fry the rolls a few at a time in the hot oil until golden brown, about 3 minutes.

Drain on a paper towel-lined plate and serve hot.

Nutrition Facts



PROTEIN 11% **FAT 60.06%** **CARBS 28.94%**

Properties

Glycemic Index:7.38, Glycemic Load:23.43, Inflammation Score:-4, Nutrition Score:10.61391299056%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 493.13kcal (24.66%), Fat: 33.05g (50.85%), Saturated Fat: 11.13g (69.57%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 34.69g (12.61%), Sugar: 6.87g (7.63%), Cholesterol: 49.5mg (16.5%), Sodium: 956.86mg (41.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.62g (27.25%), Iron: 10.95mg (60.82%), Calcium: 442.47mg (44.25%), Vitamin K: 30.26µg (28.82%), Phosphorus: 278.3mg (27.83%), Selenium: 8.6µg (12.29%), Vitamin E: 1.67mg (11.15%), Vitamin B12: 0.65µg (10.79%), Vitamin A: 452.57IU (9.05%), Vitamin B2: 0.14mg (8.15%), Zinc: 1.09mg (7.27%), Fiber: 1.14g (4.57%), Magnesium: 14.44mg (3.61%), Potassium: 106mg (3.03%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.04mg (1.78%), Vitamin D: 0.24µg (1.61%), Copper: 0.03mg (1.57%), Folate: 5.34µg (1.33%), Manganese: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.04%)