



Crawfish and Corn Soup

READY IN



60 min.

SERVINGS



10

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter
- 30 ounce corn cream-style canned
- 1 pound crawfish tails peeled
- 10.8 ounce condensed cream of potato soup canned
- 0.3 teaspoon creole seasoning
- 2 tablespoons flour all-purpose
- 0.3 cup spring onion chopped
- 4 cups milk
- 1 medium onion chopped

- 1 dash sauce of the chicken from the turbo broiler red hot® (such as Frank's)
- 10 servings salt to taste
- 15 ounce corn whole canned
- 0.5 teaspoon worcestershire sauce

Equipment

- pot

Directions

- Melt butter in a large pot over low heat, and stir in flour. Cook, stirring constantly to make a light roux, about 5 minutes.
- Add onions, and cook until wilted.
- Pour in milk, creamed corn, whole kernel corn, and cream of potato soup. Season with Creole seasoning, Worcestershire sauce, pepper sauce, and salt. Stir to blend, and cook over medium heat for 20 minutes.
- Add the crawfish, and cook for 20 more minutes.

Nutrition Facts



PROTEIN 10.65% **FAT 45.2%** **CARBS 44.15%**

Properties

Glycemic Index:25.4, Glycemic Load:2.83, Inflammation Score:-5, Nutrition Score:8.7965216843978%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 266.41kcal (13.32%), Fat: 13.98g (21.5%), Saturated Fat: 8.11g (50.72%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.27g (10.64%), Sugar: 8.53g (9.47%), Cholesterol: 45.1mg (15.03%), Sodium: 792.66mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Phosphorus: 192.57mg (19.26%), Folate: 56.96µg (14.24%), Calcium: 138.9mg (13.89%), Vitamin B2: 0.22mg (12.73%), Vitamin B12: 0.73µg (12.12%), Vitamin A: 574.32IU (11.49%), Potassium: 386.6mg (11.05%), Manganese: 0.22mg (10.94%), Magnesium: 35.23mg

(8.81%), Zinc: 1.25mg (8.36%), Copper: 0.16mg (8.02%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.79mg (7.93%), Selenium: 5.33µg (7.62%), Vitamin B1: 0.11mg (7.45%), Vitamin B6: 0.15mg (7.33%), Vitamin D: 1.07µg (7.16%), Vitamin C: 5.6mg (6.79%), Vitamin K: 6.69µg (6.37%), Fiber: 1.45g (5.79%), Iron: 0.75mg (4.15%), Vitamin E: 0.43mg (2.83%)