



HEALTH SCORE

100%

Crawfish Boil



Gluten Free



Dairy Free



Very Healthy

READY IN



115 min.

SERVINGS



3

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 4 rib celery quartered
- ☐ 1 tablespoon coriander seeds
- ☐ 5 pounds crawfish tails
- ☐ 1 tablespoon dill seeds
- ☐ 3 garlic bulbs halved
- ☐ 0.8 cup ground pepper red

- ☐ 2 tablespoons mustard seeds
- ☐ 3 medium size onions halved
- ☐ 1 tablespoon pepper flakes red
- ☐ 1 cup salt
- ☐ 1.5 gallons water
- ☐ 0.3 cup allspice whole

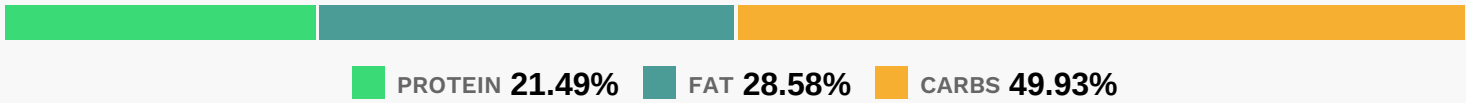
Equipment

- ☐ pot

Directions

- ☐ Bring 1 1/2 gallons water to a boil in a 19-quart stockpot over high heat.
- ☐ Add bay leaves and next 12 ingredients to water. Return to a rolling boil.
- ☐ Reduce heat to medium, and cook, uncovered, 30 minutes.
- ☐ Add crawfish. Bring to a rolling boil over high heat; cook 5 minutes.
- ☐ Remove stockpot from heat; let stand 30 minutes. (For spicier crawfish, let stand 45 minutes.)
- ☐ Drain crawfish.
- ☐ Serve on large platters or newspaper.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:10.03, Inflammation Score:-10, Nutrition Score:54.9878266376%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.39mg, Quercetin: 22.39mg, Quercetin: 22.39mg, Quercetin: 22.39mg

Nutrients (% of daily need)

Calories: 433.38kcal (21.67%), Fat: 17.03g (26.19%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 66.92g (22.31%), Net Carbohydrates: 40.7g (14.8%), Sugar: 11.54g (12.82%), Cholesterol: 124.28mg (41.43%), Sodium: 37992.44mg (1651.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.62%), Vitamin A: 25604.3IU (512.09%), Manganese: 3mg (150%), Vitamin E: 19.1mg (127.3%), Fiber: 26.22g (104.87%), Vitamin B6: 1.89mg (94.41%), Selenium: 54.52µg (77.89%), Vitamin C: 63.99mg (77.57%), Copper: 1.39mg (69.66%), Potassium: 1996.24mg (57.04%), Magnesium: 226.59mg (56.65%), Iron: 9.85mg (54.74%), Vitamin K: 57.05µg (54.33%), Phosphorus: 538.29mg (53.83%), Vitamin B12: 2.81µg (46.87%), Calcium: 466.55mg (46.66%), Vitamin B2: 0.73mg (42.65%), Vitamin B3: 8.17mg (40.87%), Zinc: 4.32mg (28.83%), Folate: 115.26µg (28.81%), Vitamin B1: 0.4mg (26.4%), Vitamin B5: 0.75mg (7.51%)