



Crawfish Boil



Gluten Free



Dairy Free

READY IN



113 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille sausage cut into 1-inch pieces
- ☐ 6 bay leaves crumbled
- ☐ 1 tablespoon peppercorns whole black
- ☐ 4 tablespoons cayenne pepper
- ☐ 10 pounds live crawfish
- ☐ 1 tablespoon dill weed dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon mustard dry

- ☐ 8 ears corn halved
- ☐ 2 heads garlic separated unpeeled
- ☐ 2 tablespoons garlic powder
- ☐ 1 pound kosher salt
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon oregano dried
- ☐ 2 tablespoons paprika
- ☐ 3 pounds potatoes red cut in 1/2, if larger than 2-inches in diameter
- ☐ 5 gallons water
- ☐ 1.5 tablespoons allspice whole
- ☐ 1 tablespoon coriander seeds whole

Equipment

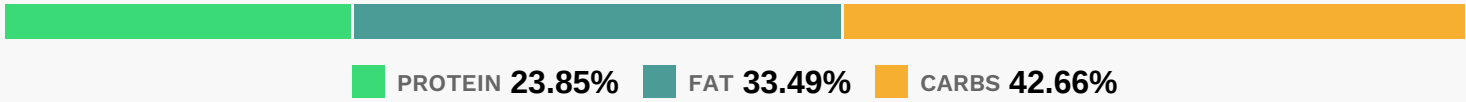
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the peppercorns, coriander, clove, and allspice into a spice grinder and grind for 10 to 15 seconds.
- ☐ Fill a 40-quart pot with 5 gallons of water and add the freshly ground spices, salt, cayenne pepper, garlic powder, paprika, onion powder, thyme, oregano, dry mustard, dill weed, and bay leaves. Cover and bring to a boil over high heat, approximately 40 minutes.
- ☐ Rinse the crawfish thoroughly in the bag in which they arrived to remove excess dirt and mud.
- ☐ Put the crawfish in a large container and fill with cool water. Stir to remove dirt from the crawfish.
- ☐ Transfer small batches of crawfish to a colander and rinse under cool running water. Pick out any debris or dead crawfish. Once all crawfish have been rinsed, discard dirty water, and return the crawfish to the container. Repeat this process 6 to 8 times, or until the water is clear.

- ☐
- Once the seasoned water comes to a boil, add the potatoes, corn, garlic, and sausage. Cover and cook for 10 minutes.
- ☐
- Add the crawfish, cover, and cook for 3 minutes. Turn off the heat and allow the pot to sit, covered, for 10 minutes.
- ☐
- Drain well and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:22.098695765371%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 326.65kcal (16.33%), Fat: 12.76g (19.64%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 31.28g (11.38%), Sugar: 6.11g (6.79%), Cholesterol: 94.65mg (31.55%), Sodium: 15115.43mg (657.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.91%), Copper: 0.81mg (40.38%), Selenium: 27.01µg (38.59%), Manganese: 0.76mg (38.08%), Phosphorus: 322.83mg (32.28%), Potassium: 1065.04mg (30.43%), Vitamin B12: 1.78µg (29.61%), Vitamin A: 1473.8IU (29.48%), Vitamin B3: 5.86mg (29.28%), Vitamin B6: 0.55mg (27.54%), Magnesium: 100.96mg (25.24%), Vitamin B1: 0.34mg (22.74%), Vitamin C: 17.75mg (21.51%), Fiber: 5.29g (21.15%), Iron: 3.75mg (20.83%), Zinc: 2.77mg (18.46%), Vitamin K: 15.55µg (14.81%), Folate: 57.85µg (14.46%), Calcium: 144.16mg (14.42%), Vitamin B5: 1.34mg (13.44%), Vitamin B2: 0.22mg (12.79%), Vitamin E: 1.38mg (9.22%), Vitamin D: 0.53µg (3.53%)