



Crawfish Bread

READY IN



35 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 stick butter
- 1 tablespoon cajun spice
- 1 loaf bread french
- 3 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 0.5 cup mayonnaise
- 1 pound crawfish tail meat deveined cleaned peeled
- 0.8 cup monterrey jack cheese
- 0.3 cup parmesan grated

0.8 cup tomatoes ripe drained chopped

Equipment

bowl

frying pan

oven

Directions

Preheat the oven to 350 degrees F.

Rinse the crawfish. In a large skillet, melt the butter over medium heat.

Add the garlic and cook for a few minutes.

Add the tomatoes, Cajun seasoning and crawfish.

Saute for 1 minute.

Remove from the heat.

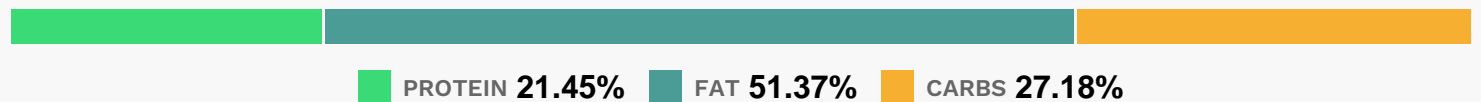
In a bowl, mix together the cheeses, mayonnaise and parsley.

Add the tomato and crawfish mixture to the mayo mixture.

Cut the loaf of bread in half and then cut the bread lengthwise. Spoon the mixture on the bread and bake for 10 to 15 minutes. Then broil for an additional 3 to 5 minutes. Watch closely, as not to burn.

Cut the bread into individual portions.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:27.08, Inflammation Score:-8, Nutrition Score:22.854782519133%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.33mg,

Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 539.09kcal (26.95%), Fat: 30.73g (47.28%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 34.41g (12.51%), Sugar: 3.93g (4.36%), Cholesterol: 91.87mg (30.62%), Sodium: 822.54mg (35.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Selenium: 46.91µg (67.02%), Vitamin K: 67.34µg (64.14%), Vitamin B3: 11.38mg (56.92%), Vitamin B1: 0.54mg (36.08%), Vitamin B6: 0.7mg (35.11%), Phosphorus: 336.63mg (33.66%), Vitamin B2: 0.46mg (26.84%), Vitamin A: 1309.6IU (26.19%), Folate: 95.49µg (23.87%), Manganese: 0.42mg (20.79%), Calcium: 205.1mg (20.51%), Iron: 3.49mg (19.4%), Vitamin B5: 1.45mg (14.48%), Potassium: 462.81mg (13.22%), Magnesium: 52.26mg (13.07%), Zinc: 1.82mg (12.11%), Vitamin E: 1.62mg (10.77%), Fiber: 2.17g (8.7%), Copper: 0.15mg (7.75%), Vitamin C: 6.29mg (7.62%), Vitamin B12: 0.36µg (5.95%), Vitamin D: 0.22µg (1.46%)