

Crawfish Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter
- 0.5 teaspoon ground pepper
- 10.8 ounce cream of mushroom soup canned
- 2 pounds crawfish tails frozen cleaned
- 4 ounces cream cheese softened
- 21.5 ounce condensed cream of potato soup canned
- 0.5 bunch spring onion chopped
- 2 cups half and half

15.3 ounce corn whole drained canned

Equipment

frying pan

pot

Directions

Melt 1/4 cup of butter in a large skillet over medium heat.

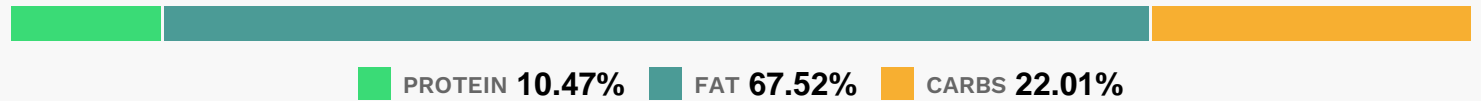
Saute green onions in butter until tender.

Remove from pan, and set aside. In the same skillet, melt 1/2 cup of butter, and saute the crawfish for 5 minutes; set aside.

In a large pot over medium heat, combine potato soup, mushroom soup, corn, and cream cheese.

Mix well, and bring to a slow boil. Stir in half-and-half, sauteed green onions, and crawfish. Season with cayenne pepper. Bring to a low boil, and simmer 5 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:6.8652173177056%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 281.19kcal (14.06%), Fat: 21.33g (32.81%), Saturated Fat: 12.61g (78.79%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 15.28g (5.56%), Sugar: 3.5g (3.89%), Cholesterol: 72.28mg (24.09%), Sodium: 804.19mg (34.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Manganese: 0.33mg (16.39%), Vitamin A: 707.73IU (14.15%), Phosphorus: 136.93mg (13.69%), Copper: 0.27mg (13.36%), Selenium: 7.53µg (10.76%), Vitamin B2: 0.18mg (10.4%), Vitamin B12: 0.55µg (9.11%), Calcium: 83.91mg (8.39%), Zinc: 1.18mg (7.9%), Potassium: 267.8mg (7.65%), Vitamin B5: 0.76mg (7.58%), Vitamin B3: 1.14mg (5.69%), Folate: 20.77µg (5.19%), Vitamin K: 4.9µg (4.66%), Magnesium: 17.57mg (4.39%), Iron: 0.73mg (4.03%), Vitamin B6: 0.08mg (3.96%), Vitamin E: 0.56mg (3.74%),

Vitamin B1: 0.05mg (3.56%), Vitamin C: 1.53mg (1.85%), Fiber: 0.36g (1.45%)