



Crawfish Cornbread

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



311 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons cajun spice
- ☐ 14.8 oz regular corn cream-style canned
- ☐ 1.5 cups cheddar cheese grated
- ☐ 1 pound crawfish tails frozen thawed peeled drained
- ☐ 3 large eggs
- ☐ 0.5 cup bell pepper green finely chopped

- ☐ 0.8 cup green onion chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 jalapeño peppers minced seeded
- ☐ 1 cup milk
- ☐ 1 small onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 2 cups cornmeal plain yellow

Equipment

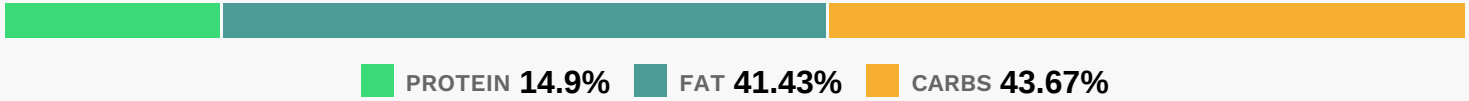
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Heat a 10- to 12-inch (1 1/2-inch deep) cast-iron skillet in oven 15 minutes.
- ☐ Meanwhile, melt butter in a large skillet over medium heat.
- ☐ Add onion and bell pepper; saut 5 minutes or until onion is tender.
- ☐ Remove from heat. Stir in seeded and minced jalapeos.
- ☐ Stir together milk, oil, and eggs in a large bowl. Stir in corn, cheese, onion mixture, and chopped green onion.
- ☐ Stir together cornmeal and next 5 ingredients just until blended. Stir in milk mixture, stirring just until dry ingredients are moistened. Stir in crawfish.
- ☐ Pour into hot cast-iron skillet.
- ☐ Bake at 400 for 45 minutes or until golden brown.
- ☐ Serve immediately.
- ☐ Note: To make cornbread in a baking dish, prepare recipe as directed, beginning with Step

- ☐ Pour batter into a well greased 13- x 9-inch baking dish. Proceed with recipe as directed, increasing bake time to 50 minutes.
- ☐ Shrimp Cornbread: Substitute 1 lb. unpeeled, medium-size raw shrimp (31/35 count), peeled, deveined, and coarsely chopped, for crawfish. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:15.01, Inflammation Score:-6, Nutrition Score:13.036086891008%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 310.97kcal (15.55%), Fat: 14.64g (22.53%), Saturated Fat: 6.34g (39.64%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 30.56g (11.11%), Sugar: 3.95g (4.38%), Cholesterol: 89.16mg (29.72%), Sodium: 691.66mg (30.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.69%), Phosphorus: 273.36mg (27.34%), Calcium: 244.6mg (24.46%), Vitamin K: 21.78µg (20.74%), Selenium: 13.95µg (19.93%), Fiber: 4.17g (16.66%), Vitamin B6: 0.32mg (16.23%), Vitamin C: 13.02mg (15.78%), Zinc: 2.28mg (15.2%), Vitamin A: 744.49IU (14.89%), Vitamin B2: 0.25mg (14.78%), Manganese: 0.29mg (14.59%), Magnesium: 56.77mg (14.19%), Folate: 47.96µg (11.99%), Vitamin B12: 0.62µg (10.31%), Iron: 1.84mg (10.23%), Vitamin B1: 0.15mg (9.79%), Potassium: 303.72mg (8.68%), Copper: 0.17mg (8.27%), Vitamin B3: 1.49mg (7.44%), Vitamin B5: 0.73mg (7.27%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.67µg (4.47%)