



Crawfish Cornbread

 **Gluten Free**  **Popular**

READY IN



80 min.

SERVINGS



12

CALORIES



189 kcal

Ingredients

- 1 teaspoon baking soda
- 15 ounce regular corn cream-style canned
- 1 pinch cayenne pepper to taste
- 1 pound crawfish tails peeled
- 2 eggs
- 1 pinch garlic powder to taste
- 1 bell pepper green chopped
- 0.3 cup jalapeno chopped
- 1 onion chopped

- 1 teaspoon salt
- 1 pinch lawry's seasoned salt to taste
- 1 cup cheddar cheese shredded
- 0.3 cup vegetable oil
- 1 cup cornmeal yellow

Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- Stir together cornmeal, baking soda, and salt in a large bowl. In another bowl, beat together the eggs, onion, green pepper, pimentos, vegetable oil, Cheddar cheese, cream-style corn, jalapeno pepper, crawfish tails, seasoned salt, cayenne pepper, and garlic powder until the mixture is well combined.
- Pour the crawfish mixture into the cornmeal mixture, and stir together.
- Pour the mixture into the prepared baking dish.
- Bake in the preheated oven until the cornbread is lightly golden brown, and a toothpick inserted into the center comes out clean, about 55 minutes. Allow to rest for about 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.79, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:6.6904348134995%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 189.21kcal (9.46%), Fat: 10.98g (16.89%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 15.78g (5.74%), Sugar: 2.14g (2.38%), Cholesterol: 42.91mg (14.3%), Sodium: 458.39mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Vitamin C: 13.1mg (15.88%), Phosphorus: 121.82mg (12.18%), Vitamin K: 12.65µg (12.05%), Selenium: 7.46µg (10.66%), Vitamin B6: 0.17mg (8.48%), Fiber: 2.07g (8.27%), Calcium: 78.39mg (7.84%), Zinc: 1.14mg (7.59%), Manganese: 0.15mg (7.45%), Folate: 29.09µg (7.27%), Vitamin B2: 0.12mg (6.87%), Magnesium: 27.43mg (6.86%), Vitamin E: 0.85mg (5.65%), Vitamin B12: 0.31µg (5.09%), Copper: 0.1mg (4.83%), Vitamin A: 229.74IU (4.59%), Vitamin B1: 0.07mg (4.47%), Potassium: 155.56mg (4.44%), Iron: 0.79mg (4.38%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.35mg (3.46%), Vitamin D: 0.2µg (1.35%)