



Crawfish Delicacy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 rib celery chopped
- 8 servings rice hot cooked
- 2 pounds crawfish tails frozen thawed cooked peeled
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 1 Dash garlic powder
- 0.5 small bell pepper green chopped
- 4 green onions chopped

- 0.3 teaspoon ground pepper black
- 0.3 teaspoon ground pepper red
- 1 small onion chopped
- 8 servings garnish: parsley sprigs fresh
- 0.5 teaspoon salt
- 1.5 ounce beef stew seasoning mix
- 0.5 cup vegetable oil
- 3 cups water hot

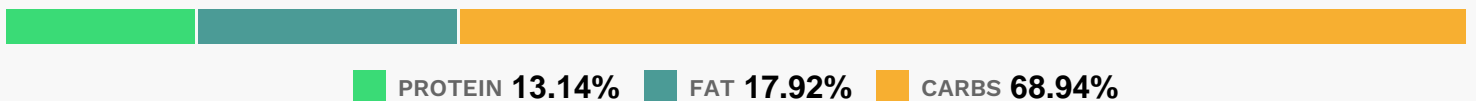
Equipment

- sauce pan
- stove
- microwave

Directions

- Microwave first 4 ingredients in a 13- x 9-inch microwave-safe dish at HIGH 6 to 8 minutes or until tender. Stir in crawfish; microwave at HIGH 6 minutes. Stir in flour and next 8 ingredients.
- Microwave, uncovered, at HIGH 15 minutes, stirring twice. Microwave, covered, at MEDIUM (50% power) 15 minutes, stirring twice.
- Serve over hot cooked rice; garnish, if desired.
- For Chicken Delicacy, Substitute 4 cups chopped cooked chicken for crawfish tails.
- Note: To prepare on stovetop, saut onion, bell pepper, and celery in hot oil in a large saucepan. Stir in crawfish and next 9 ingredients; bring to a boil. Reduce heat; simmer, stirring occasionally, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:25.89, Inflammation Score:-7, Nutrition Score:13.830869633219%

Flavonoids

Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 171.83kcal (8.59%), Fat: 3.47g (5.33%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 30g (10%), Net Carbohydrates: 26.73g (9.72%), Sugar: 0.95g (1.05%), Cholesterol: 18.64mg (6.21%), Sodium: 170.03mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin K: 147.4µg (140.38%), Manganese: 0.73mg (36.63%), Selenium: 11.87µg (16.96%), Vitamin C: 13.55mg (16.42%), Iron: 2.9mg (16.09%), Vitamin A: 696.15IU (13.92%), Fiber: 3.26g (13.06%), Calcium: 118.23mg (11.82%), Copper: 0.21mg (10.34%), Folate: 36.63µg (9.16%), Vitamin B6: 0.18mg (9.01%), Vitamin E: 1.34mg (8.95%), Magnesium: 35.53mg (8.88%), Phosphorus: 87.12mg (8.71%), Vitamin B12: 0.42µg (7.03%), Zinc: 0.87mg (5.8%), Potassium: 202.59mg (5.79%), Vitamin B3: 1.1mg (5.51%), Vitamin B5: 0.48mg (4.84%), Vitamin B1: 0.07mg (4.6%), Vitamin B2: 0.08mg (4.59%)