

Crawfish Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 0.3 cup butter
- 2 stalks celery chopped
- 2 pounds crawfish tails frozen thawed peeled
- 2 tablespoons creole seasoning
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic minced
- 1 bell pepper green chopped

- 1 bunch green onions chopped
- 1 pound ground beef lean
- 1 medium onion chopped
- 1 cup pecans toasted chopped
- 1 bell pepper red chopped
- 1.5 cups water
- 0.8 cup rice long-grain white uncooked

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- In a medium saucepan, bring water to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes, until rice is tender and liquid has been absorbed.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- In a large, heavy skillet over medium heat, stir together ground beef, onion, celery, green bell pepper, red bell pepper, and garlic. Cook until beef is evenly browned and vegetables are tender.
- Stir cooked rice, crawfish tails, pecans, butter, and green onions into the ground beef mixture. Season with Creole seasoning and pepper. Continue cooking about 3 minutes, until well mixed.
- Transfer to the prepared baking dish.
- Bake 25 minutes in the preheated oven, or until lightly browned.
- Garnish with parsley

Nutrition Facts



■ PROTEIN 22.07% ■ FAT 52.93% ■ CARBS 25%

Properties

Glycemic Index:31.68, Glycemic Load:6.15, Inflammation Score:-7, Nutrition Score:11.657391268274%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 212.08kcal (10.6%), Fat: 12.68g (19.51%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 11.5g (4.18%), Sugar: 1.65g (1.83%), Cholesterol: 46.03mg (15.34%), Sodium: 73.47mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.79%), Manganese: 0.64mg (31.97%), Vitamin C: 23.31mg (28.25%), Vitamin B12: 1.14µg (18.93%), Zinc: 2.7mg (18.02%), Vitamin A: 900.37IU (18.01%), Selenium: 12.06µg (17.23%), Phosphorus: 149.39mg (14.94%), Vitamin B6: 0.29mg (14.69%), Vitamin B3: 2.79mg (13.95%), Vitamin K: 14.4µg (13.72%), Copper: 0.24mg (12.14%), Iron: 1.56mg (8.69%), Potassium: 300.31mg (8.58%), Fiber: 1.98g (7.93%), Magnesium: 31.51mg (7.88%), Vitamin B1: 0.11mg (7.33%), Vitamin B2: 0.12mg (6.76%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.83mg (5.55%), Folate: 18.35µg (4.59%), Calcium: 30.51mg (3.05%)