

Crawfish Etoufee

 **Gluten Free**

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 2 stalks celery chopped
- ☐ 10.8 ounce condensed golden mushroom soup canned
- ☐ 1 pound crawfish tails
- ☐ 1 bell pepper green chopped
- ☐ 1 onion chopped

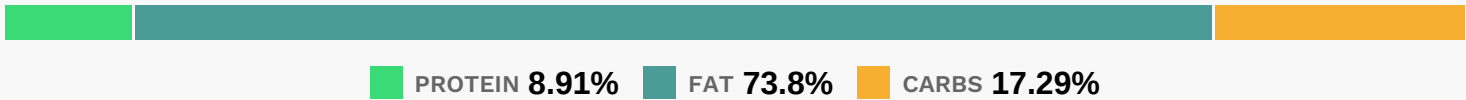
Equipment

☐ sauce pan

Directions

- ☐ In a heavy saucepan, melt butter or margarine over medium heat..
- ☐ Add celery, bell pepper, and onion; saute for about 10 minutes, or until the vegetables are tender.
- ☐ Stir in condensed soups and canned tomatoes. Reduce heat, cover, and simmer for about 30 minutes. The mixture will look very thick and curdled at first, but will become smooth with cooking. Do not add water.
- ☐ Add the crawfish; cook for about five minutes more.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:9.0817391043124%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 300.65kcal (15.03%), Fat: 25.13g (38.66%), Saturated Fat: 15.57g (97.29%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 9.46g (3.44%), Sugar: 4.53g (5.03%), Cholesterol: 83.46mg (27.82%), Sodium: 989.84mg (43.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Vitamin C: 35.15mg (42.6%), Vitamin A: 916.32IU (18.33%), Manganese: 0.35mg (17.52%), Fiber: 3.78g (15.14%), Copper: 0.27mg (13.43%), Vitamin B12: 0.59µg (9.87%), Vitamin K: 10.16µg (9.67%), Vitamin B6: 0.16mg (8.2%), Phosphorus: 80.42mg (8.04%), Potassium: 279.41mg (7.98%), Zinc: 1.18mg (7.84%), Selenium: 5.16µg (7.36%), Vitamin B3: 1.16mg (5.82%), Folate: 23.08µg (5.77%), Vitamin E: 0.83mg (5.52%), Vitamin B2: 0.09mg (5.49%), Iron: 0.89mg (4.94%), Magnesium: 18.32mg (4.58%), Vitamin B1: 0.06mg (3.79%), Vitamin B5: 0.36mg (3.58%), Calcium: 34.1mg (3.41%)