



Crawfish Etouffee

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

565 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bacon chopped
- ☐ 1 bay leaf
- ☐ 1 cup beer
- ☐ 1 stick butter
- ☐ 1 tablespoon cajun spice
- ☐ 1 pinch cayenne
- ☐ 1 cup celery diced
- ☐ 4 cups bottled clam juice
- ☐ 6 servings rice cooked for serving

- ☐ 1 pound precooked crawfish
- ☐ 0.8 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 1 cup half-and-half
- ☐ 0.3 cup parsley leaves chopped
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.3 teaspoon pepper white
- ☐ 2 cups onion diced yellow

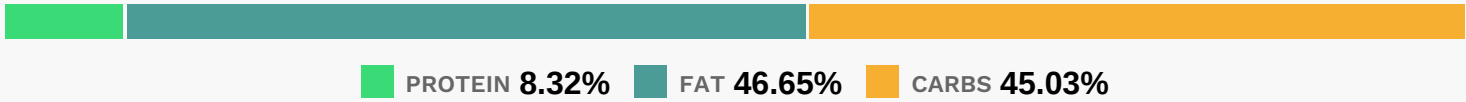
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a heavy bottom pan melt butter and add flour to make a roux. Stir constantly over a low heat until it takes on a beige color and loses the floury taste; about 30 minutes. When the roux is done, stir in vegetables, bacon and parsley.
- ☐ Add in beer, clam juice, bay leaf, seasonings and half-and-half. Stir, and cover pot.
- ☐ Let simmer for 30 to 45 minutes. Nearing the end of cooking time, add in precooked crawfish and serve over rice.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:34.58, Inflammation Score:-9, Nutrition Score:18.949130358903%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg,

Apigenin: 5.87mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 564.86kcal (28.24%), Fat: 28.86g (44.41%), Saturated Fat: 15.32g (95.72%), Carbohydrates: 62.68g (20.89%), Net Carbohydrates: 59.13g (21.5%), Sugar: 10.43g (11.59%), Cholesterol: 80.05mg (26.68%), Sodium: 877.42mg (38.15%), Alcohol: 1.53g (100%), Alcohol %: 0.41% (100%), Protein: 11.58g (23.16%), Vitamin C: 42.17mg (51.11%), Vitamin K: 50.52µg (48.12%), Vitamin A: 2164.86IU (43.3%), Manganese: 0.71mg (35.34%), Selenium: 21.13µg (30.19%), Vitamin B6: 0.45mg (22.73%), Phosphorus: 198.1mg (19.81%), Vitamin B1: 0.29mg (19.61%), Folate: 76.3µg (19.08%), Vitamin B2: 0.28mg (16.46%), Vitamin B3: 3.25mg (16.27%), Potassium: 526.25mg (15.04%), Fiber: 3.55g (14.19%), Copper: 0.24mg (12.03%), Magnesium: 46.42mg (11.61%), Iron: 2mg (11.14%), Calcium: 106.25mg (10.62%), Vitamin B5: 1.02mg (10.18%), Vitamin E: 1.5mg (9.99%), Zinc: 1.41mg (9.42%), Vitamin B12: 0.54µg (9.06%)