



Crawfish Etouffée

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 tablespoons butter
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon cornstarch
- ☐ 2 pounds crawfish tails peeled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2 cups onion chopped

- ☐ 8 servings ground pepper to taste
- ☐ 1 cup water

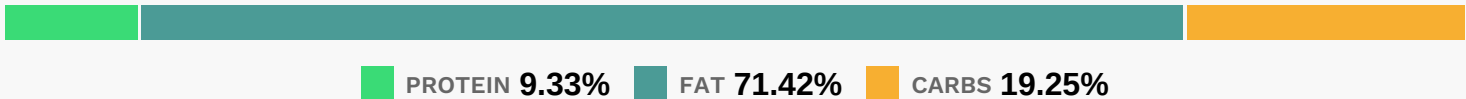
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a large saucepan over medium heat.
- ☐ Add the onions, bell peppers, and celery and cook, stirring, until the vegetables are soft and golden, 8 to 10 minutes.
- ☐ Add the crawfish tails and cook, stirring occasionally, until they throw off some of their liquid, 6 to 8 minutes.
- ☐ Dissolve the cornstarch in the water and add to the crawfish mixture. Simmer, stirring occasionally, until the mixture thickens, 4 to 5 minutes. Season with salt and cayenne.
- ☐ Serve immediately over steamed rice.
- ☐ Garnish with a sprinkling of green onions and parsley.
- ☐ Reprinted with permission from Who's Your Mama, Are You Catholic, and Can You Make a Roux? by Marcelle Bienvenu. © 2006 Acadian House Publishers

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:8.494347707085%

Flavonoids

Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 145.01kcal (7.25%), Fat: 11.98g (18.43%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.56g (2.84%), Cholesterol: 48.74mg (16.25%), Sodium: 114.31mg (4.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin K: 45.35µg (43.19%), Vitamin A: 1486.41IU (29.73%), Vitamin C: 23mg (27.88%), Vitamin B6: 0.17mg (8.31%), Manganese: 0.16mg (8.03%), Selenium: 5.25µg (7.5%), Vitamin B12: 0.45µg (7.43%), Fiber: 1.82g (7.28%), Vitamin E: 1.05mg (7.02%), Copper: 0.13mg (6.4%), Phosphorus: 61.61mg (6.16%), Potassium: 205.35mg (5.87%), Folate: 21.29µg (5.32%), Magnesium: 16.46mg (4.12%), Iron: 0.65mg (3.62%), Vitamin B2: 0.06mg (3.46%), Calcium: 33.34mg (3.33%), Vitamin B1: 0.05mg (3.19%), Vitamin B3: 0.61mg (3.05%), Zinc: 0.4mg (2.69%), Vitamin B5: 0.18mg (1.79%)