



Crawfish Étouffée

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup celery finely chopped
- ☐ 6 servings rice hot cooked
- ☐ 1 pound crawfish tails peeled
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 cup bell pepper green chopped

- ☐ 0.5 cup spring onion finely chopped
- ☐ 0.3 teaspoon pepper white
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon salt
- ☐ 0.8 cup water

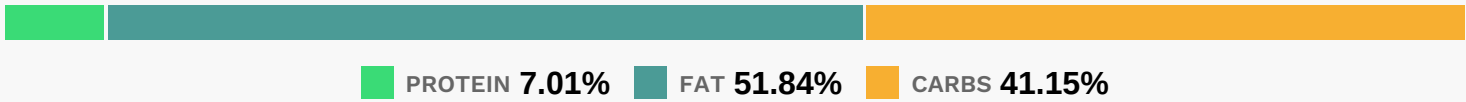
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and next 3 ingredients; saut, stirring constantly, 5 minutes.
- ☐ Stir in crawfish and next 5 ingredients; cook 5 minutes. Stir in flour; cook, stirring constantly, 2 minutes.
- ☐ Stir in water gradually; cook over low heat 20 minutes, stirring mixture occasionally.
- ☐ Stir in green onions and parsley; cook 3 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:25.76, Inflammation Score:-7, Nutrition Score:9.3773912450542%

Flavonoids

Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.39mg, Myricetin:

0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 271.59kcal (13.58%), Fat: 15.68g (24.12%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 26.63g (9.68%), Sugar: 1.55g (1.72%), Cholesterol: 12.43mg (4.14%), Sodium: 593.5mg (25.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin K: 60.35µg (57.48%), Manganese: 0.51mg (25.59%), Vitamin A: 1018.78IU (20.38%), Vitamin C: 12.56mg (15.23%), Selenium: 10.04µg (14.34%), Phosphorus: 78.76mg (7.88%), Vitamin B6: 0.16mg (7.86%), Copper: 0.15mg (7.39%), Folate: 23.2µg (5.8%), Fiber: 1.38g (5.5%), Magnesium: 21.07mg (5.27%), Vitamin B12: 0.3µg (5%), Vitamin E: 0.73mg (4.84%), Potassium: 162.84mg (4.65%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.68mg (4.5%), Iron: 0.76mg (4.24%), Vitamin B1: 0.06mg (4.16%), Calcium: 40.55mg (4.06%), Vitamin B3: 0.74mg (3.71%), Vitamin B2: 0.06mg (3.28%)