



Crawfish Etouffee Georgia Style

READY IN



55 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 cup celery root peeled finely chopped celeriac
- ☐ 1 teaspoon coarse salt flakes smoked
- ☐ 1 pound crawfish tails peeled
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2.5 tablespoons bell pepper green chopped

- ☐ 3 tablespoons green onions chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 3 tablespoons bell pepper red chopped
- ☐ 2 cups onions sweet finely chopped vidalia® such as
- ☐ 0.5 cup butter unsalted
- ☐ 0.5 cup water
- ☐ 2.5 tablespoons bell pepper yellow chopped

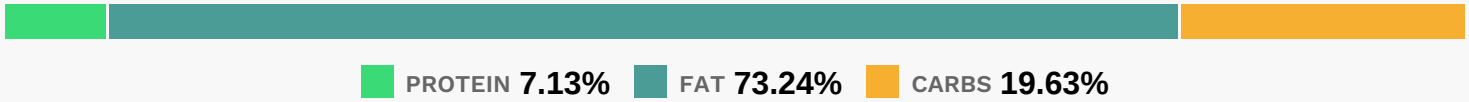
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in a large cast iron skillet over medium heat. Stir in onion, celery root, and bell peppers; cook and stir until the onion has softened and turned translucent, 8 to 10 minutes.
- ☐ Stir in crawfish, garlic, and bay leaves. Cook, stirring occasionally, for 10 to 12 minutes.
- ☐ Whisk flour into chicken broth and water in a bowl until smooth; pour into crawfish mixture. Season with smoked salt and cayenne pepper.
- ☐ Bring mixture to a boil. Reduce heat to medium; cook and stir until mixture thickens, about 4 minutes. Stir in parsley and green onions; cook 2 minutes more.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:12.828260877858%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 7.4mg, Apigenin: 7.4mg, Apigenin: 7.4mg, Apigenin: 7.4mg Luteolin:

0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg

Nutrients (% of daily need)

Calories: 281.79kcal (14.09%), Fat: 23.67g (36.42%), Saturated Fat: 14.71g (91.95%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.21g (4.44%), Sugar: 5.28g (5.87%), Cholesterol: 79.65mg (26.55%), Sodium: 656.72mg (28.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin K: 77.56µg (73.86%), Vitamin C: 36.31mg (44.01%), Vitamin A: 1280.6IU (25.61%), Vitamin B6: 0.26mg (13.02%), Phosphorus: 128.13mg (12.81%), Manganese: 0.24mg (11.95%), Folate: 41.91µg (10.48%), Copper: 0.2mg (10.2%), Potassium: 352.67mg (10.08%), Selenium: 6.84µg (9.77%), Vitamin B12: 0.5µg (8.33%), Fiber: 2.07g (8.27%), Vitamin B3: 1.41mg (7.06%), Iron: 1.22mg (6.79%), Vitamin E: 1mg (6.69%), Vitamin B1: 0.1mg (6.6%), Magnesium: 26.28mg (6.57%), Calcium: 61.81mg (6.18%), Vitamin B2: 0.1mg (5.9%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.39mg (3.91%), Vitamin D: 0.43µg (2.84%)