

Crawfish Etouffee II

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 2 stalks celery chopped
- 14.5 ounce chicken broth canned
- 2 tablespoons cornstarch
- 1 pound crawfish tails peeled
- 0.3 cup bell pepper green chopped
- 2 bunches green onion chopped
- 1 large onion diced

- 1 teaspoon tomato paste
- 4 tablespoons vegetable oil
- 1 tablespoon water

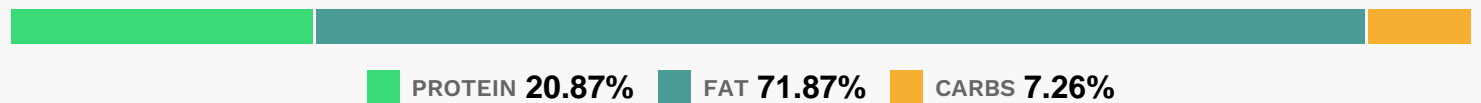
Equipment

- bowl
- frying pan

Directions

- Heat oil and butter in a large skillet over medium high heat. Stir in onion, green onion, green pepper and celery; cook until transparent.
- Mix in crawfish and tomato paste; cook for 10 minutes.
- Pour chicken broth into skillet. In a small bowl, dissolve cornstarch in water. Stir dissolved cornstarch into crawfish mixture and cook until thickened, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:9.3869565090407%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 377.07kcal (18.85%), Fat: 30.15g (46.39%), Saturated Fat: 12.69g (79.32%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.71g (1.9%), Cholesterol: 87.35mg (29.12%), Sodium: 482.06mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Vitamin K: 40.71µg (38.77%), Selenium: 16.25µg (23.22%), Vitamin B12: 1µg (16.64%), Vitamin A: 776.88IU (15.54%), Phosphorus: 147.05mg (14.71%), Zinc: 1.97mg (13.14%), Vitamin C: 9.02mg (10.94%), Vitamin E: 1.55mg (10.34%), Vitamin B6: 0.2mg (10.19%), Vitamin B3: 1.98mg (9.89%), Potassium: 245.28mg (7.01%), Iron: 1.26mg (6.99%), Vitamin B2: 0.11mg (6.25%), Copper: 0.12mg (5.87%),

Magnesium: 23.1mg (5.78%), Folate: 18.35µg (4.59%), Manganese: 0.09mg (4.52%), Fiber: 1.02g (4.07%), Calcium: 36.71mg (3.67%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.14mg (1.44%)