



Crawfish Fettuccine

READY IN



75 min.

SERVINGS



12

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup butter
- ☐ 1 pound jalapeno cheese food shredded velveeta® such as Mexican Mild
- ☐ 32 ounce crawfish tails whole cooked peeled
- ☐ 0.5 teaspoon creole seasoning such as Tony Chachere's®
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 2 cloves garlic crushed
- ☐ 1.5 cups bell pepper green chopped

- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 cup half-and-half cream
- ☐ 2 large onions chopped
- ☐ 0.5 cup parmesan cheese to taste
- ☐ 16 ounce fettuccini pasta

Equipment

- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ colander

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Melt the butter in a large pot over medium-high heat. Stir in the garlic, onion, bell pepper, mushrooms, and flour. Cook and stir until the onion has softened and turned translucent, about 8 minutes.
- ☐ Pour in the wine, half-and-half, and jalapeno cheese food. Bring to a simmer; add the crawfish tails and reduce heat to medium-low. Cover and simmer 15 minutes. Season with Creole seasoning, salt, and pepper.
- ☐ Pour the mixture into a 9x13 inch casserole dish, and sprinkle with Parmesan cheese.
- ☐ Bake in the preheated oven until the cheese has melted and the dish is bubbly, about 20 minutes.
- ☐ While the crawfish is baking, fill a large pot with lightly-salted water and bring to a rolling boil. Stir in the fettuccini and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still firm to the bite, about 8 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Serve the crawfish over the hot pasta.

Nutrition Facts



 PROTEIN **14.76%**  FAT **56.83%**  CARBS **28.41%**

Properties

Glycemic Index:33.25, Glycemic Load:13.89, Inflammation Score:-7, Nutrition Score:15.447826069334%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 517.56kcal (25.88%), Fat: 32.44g (49.91%), Saturated Fat: 19.25g (120.29%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 34.23g (12.45%), Sugar: 4.01g (4.46%), Cholesterol: 100.79mg (33.6%), Sodium: 462.15mg (20.09%), Alcohol: 1.03g (100%), Alcohol %: 0.64% (100%), Protein: 18.95g (37.91%), Selenium: 42.32µg (60.46%), Calcium: 366.2mg (36.62%), Phosphorus: 352.05mg (35.2%), Manganese: 0.49mg (24.36%), Vitamin C: 17.67mg (21.42%), Vitamin A: 1064.62IU (21.29%), Vitamin B2: 0.36mg (21.17%), Zinc: 2.47mg (16.46%), Vitamin B12: 0.81µg (13.5%), Copper: 0.27mg (13.35%), Magnesium: 45.52mg (11.38%), Vitamin B6: 0.21mg (10.62%), Vitamin B3: 1.83mg (9.16%), Fiber: 2.27g (9.08%), Potassium: 314.08mg (8.97%), Vitamin B5: 0.82mg (8.16%), Folate: 32.02µg (8%), Vitamin B1: 0.12mg (7.84%), Vitamin E: 0.93mg (6.18%), Iron: 1.08mg (6.02%), Vitamin K: 4.37µg (4.16%), Vitamin D: 0.29µg (1.9%)