



Crawfish Fettuccine I

READY IN



90 min.

SERVINGS



8

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter
- 2 teaspoons cajun spice
- 1 pinch cayenne pepper to taste
- 3 stalks celery chopped
- 1 pound crawfish tails peeled
- 1 tablespoon flour all-purpose
- 1 clove garlic minced
- 1 bell pepper green chopped
- 1 cup half-and-half cream

- 1 large onion chopped
- 0.5 cup parmesan cheese grated
- 1 pound fettuccine pasta dry
- 8 ounce processed cheese food

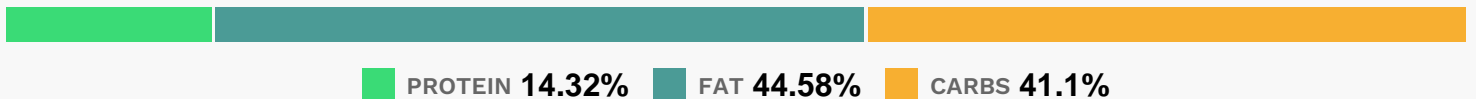
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Melt the butter in a large skillet over medium heat. Cook onion, bell pepper, celery, and garlic in butter until onions are tender. Stir in flour, and cook for 5 to 10 minutes, stirring frequently. Stir in crawfish. Cover, and simmer for 15 to 20 minutes, stirring often.
- Stir in the processed cheese, half-and-half, Cajun seasonings, and cayenne pepper. Cover, and simmer for about 20 minutes, stirring occasionally.
- Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Stir noodles into crawfish mixture; pour into prepared dish, and sprinkle with Parmesan cheese.
- Bake in a preheated oven for 20 minutes, or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:18.37, Inflammation Score:-7, Nutrition Score:15.856521746387%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 480.67kcal (24.03%), Fat: 23.85g (36.69%), Saturated Fat: 13.82g (86.37%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 46.63g (16.96%), Sugar: 4.83g (5.36%), Cholesterol: 76.27mg (25.42%), Sodium: 692.69mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Selenium: 47.71µg (68.15%), Calcium: 415.55mg (41.55%), Phosphorus: 391.37mg (39.14%), Manganese: 0.63mg (31.53%), Vitamin A: 1069.11IU (21.38%), Vitamin C: 14.25mg (17.27%), Zinc: 2.11mg (14.05%), Vitamin B12: 0.8µg (13.26%), Vitamin B2: 0.22mg (12.86%), Magnesium: 51.31mg (12.83%), Copper: 0.25mg (12.5%), Fiber: 2.84g (11.35%), Vitamin B6: 0.21mg (10.42%), Potassium: 340.57mg (9.73%), Vitamin K: 8.02µg (7.64%), Iron: 1.31mg (7.29%), Vitamin B3: 1.39mg (6.96%), Folate: 27.25µg (6.81%), Vitamin B1: 0.1mg (6.65%), Vitamin B5: 0.61mg (6.06%), Vitamin E: 0.89mg (5.93%), Vitamin D: 0.2µg (1.34%)