



## Crawfish Fettuccine II

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**636 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 teaspoons cajun spice
- ☐ 1 pound crawfish tails peeled
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.5 cup green onion chopped
- ☐ 1 cup half-and-half cream
- ☐ 0.5 cup parmesan cheese grated

- ☐ 1 pound fettuccini pasta dry
- ☐ 8 ounce processed cheese food cubed
- ☐ 1 large tomatoes chopped

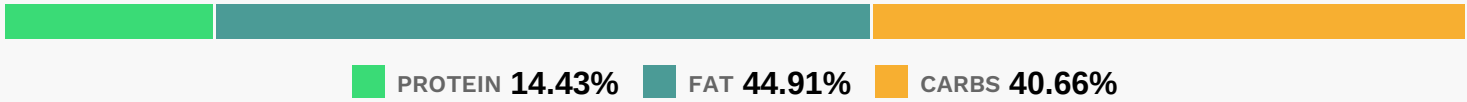
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Melt butter in a large skillet and saute the green onion, green pepper, and garlic until onions are opaque. Stir in flour and cook for 7 minutes, stirring frequently.
- ☐ Add crawfish meat; cover and simmer for 20 minutes.
- ☐ Stir in the processed cheese, half and half, Cajun seasoning and tomato. Cover and simmer for another 20 minutes. Meanwhile, cook pasta.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Mix together the sauce and pasta and transfer to the prepared baking dish.
- ☐ Sprinkle with Parmesan cheese and bake for 20 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:53.17, Glycemic Load:24.33, Inflammation Score:-8, Nutrition Score:22.047825854758%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol:

0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 636.17kcal (31.81%), Fat: 31.81g (48.94%), Saturated Fat: 18.42g (115.11%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 61.2g (22.26%), Sugar: 6.1g (6.78%), Cholesterol: 101.69mg (33.9%), Sodium: 909.43mg (39.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.99%), Selenium: 63.45µg (90.64%), Calcium: 549.32mg (54.93%), Phosphorus: 520.09mg (52.01%), Manganese: 0.84mg (41.78%), Vitamin A: 1664.01IU (33.28%), Vitamin C: 22.24mg (26.96%), Vitamin K: 24.37µg (23.21%), Zinc: 2.83mg (18.84%), Vitamin B12: 1.06µg (17.69%), Magnesium: 68.69mg (17.17%), Copper: 0.34mg (17.07%), Vitamin B2: 0.29mg (16.81%), Fiber: 3.61g (14.46%), Potassium: 460.15mg (13.15%), Vitamin B6: 0.26mg (13.1%), Iron: 1.86mg (10.35%), Vitamin B3: 1.99mg (9.92%), Vitamin E: 1.33mg (8.88%), Vitamin B1: 0.13mg (8.88%), Folate: 34.26µg (8.56%), Vitamin B5: 0.76mg (7.62%), Vitamin D: 0.27µg (1.79%)