



## Crawfish Fettuccini

READY IN



33 min.

SERVINGS



10

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 pound butter (2 sticks)
- 1 teaspoon cajun spice
- 1 cup celery diced
- 32 ounce crawfish tails frozen thawed deveined cooked peeled
- 10.8 ounce cream of mushroom soup canned
- 16 ounce fettuccini cooked
- 2 tablespoons flour all-purpose
- 10 servings chives fresh chopped for garnish
- 3 cloves garlic minced

- 1 bell pepper green chopped
- 1.5 cups milk
- 1 onion chopped
- 8 ounces processed cheese with jalapenos, cubed

## Equipment

- frying pan

## Directions

- In a large skillet, melt the butter over medium heat.
- Add the onions, bell peppers, celery, and garlic. Cook until tender, about 5 minutes.
- Add the flour and Cajun seasoning and cook for 2 minutes, stirring frequently. Stir in the milk and cook until slightly thickened, stirring constantly, 5 to 6 minutes.
- Add the soup and cheese, stirring until the cheese is melted.
- Add the crawfish, and cook until warmed through.
- Serve over the fettuccini.
- Garnish with chives, if desired.

## Nutrition Facts



**PROTEIN 12.88%** **FAT 54.57%** **CARBS 32.55%**

## Properties

Glycemic Index:39.3, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:15.693912982941%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 486.81kcal (24.34%), Fat: 29.76g (45.79%), Saturated Fat: 17.38g (108.64%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 37.68g (13.7%), Sugar: 4.08g (4.53%), Cholesterol: 130.37mg (43.46%), Sodium: 784.1mg (34.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.61%), Selenium: 45.72µg (65.32%), Phosphorus: 344.37mg (34.44%), Calcium: 321.1mg (32.11%), Manganese: 0.58mg (29.25%), Vitamin A: 1105.66IU (22.11%), Vitamin B12: 1.09µg (18.24%), Copper: 0.29mg (14.66%), Zinc: 2.18mg (14.57%), Vitamin C: 11.61mg (14.08%), Vitamin B2: 0.2mg (11.95%), Magnesium: 47.51mg (11.88%), Vitamin B6: 0.22mg (11.24%), Potassium: 341.14mg (9.75%), Vitamin B1: 0.14mg (9.49%), Fiber: 2.26g (9.05%), Iron: 1.57mg (8.72%), Vitamin B5: 0.85mg (8.51%), Vitamin B3: 1.7mg (8.49%), Vitamin K: 8.71µg (8.29%), Folate: 29.82µg (7.45%), Vitamin E: 1.03mg (6.86%), Vitamin D: 0.67µg (4.5%)