

Crawfish Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

SAUCE

Ingredients

- ☐ 1 pound crawfish tails peeled coarsely chopped
- ☐ 6 tablespoons flour all-purpose
- ☐ 3 tablespoons garlic finely chopped
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.3 cup jalapeno seeded finely chopped
- ☐ 6 servings pepper freshly ground
- ☐ 0.5 cup spring onion chopped
- ☐ 3 cups chicken broth

- ☐ 2 teaspoons cajun spice
- ☐ 1 pound bacon smoked cut into 1/2" pieces

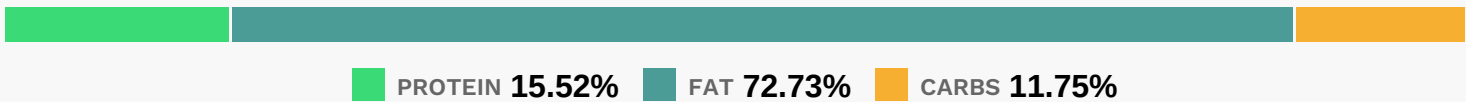
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a cast-iron or other large heavy skillet over medium heat until fat is rendered and bacon is crisp, about 12 minutes. Using a slotted spoon, transfer to paper towels to drain.
- ☐ Pour drippings into a small bowl; return 6 tablespoons to the same skillet set over medium heat.
- ☐ Whisk flour into drippings, reduce heat to low, and cook, whisking constantly, until roux is one shade darker than peanut butter, about 10 minutes.
- ☐ Add onion, pepper, celery, jalapeños, and garlic; cook, stirring frequently, until onion is soft, about 20 minutes. Increase heat to medium-high; stir in reserved bacon, spice mix, then broth. Simmer, stirring often, until thickened and flavors meld, 20-25 minutes.
- ☐ Stir in crawfish. Simmer until the tails curl, about 3 minutes. Season with salt, pepper, and cayenne, if desired.
- ☐ Garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.75, Inflammation Score:-5, Nutrition Score:11.509130353513%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 383.65kcal (19.18%), Fat: 31.06g (47.79%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 10.21g (3.71%), Sugar: 0.93g (1.03%), Cholesterol: 62.32mg (20.77%), Sodium: 547.78mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Selenium: 21.52µg (30.74%), Vitamin B3: 5.5mg (27.49%), Vitamin C: 17.3mg (20.97%), Vitamin B1: 0.3mg (19.68%), Phosphorus: 189.14mg (18.91%), Vitamin K: 19.65µg (18.72%), Vitamin B6: 0.34mg (17.06%), Vitamin B12: 0.78µg (12.95%), Vitamin A: 531.22IU (10.62%), Potassium: 367.38mg (10.5%), Manganese: 0.2mg (10.08%), Vitamin B2: 0.17mg (9.79%), Copper: 0.19mg (9.51%), Zinc: 1.33mg (8.85%), Iron: 1.4mg (7.78%), Vitamin B5: 0.57mg (5.71%), Folate: 22.77µg (5.69%), Magnesium: 20.72mg (5.18%), Vitamin E: 0.75mg (5.03%), Fiber: 1.08g (4.31%), Calcium: 31.15mg (3.12%), Vitamin D: 0.3µg (2.02%)