



Crawfish Jambalaya

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 teaspoon cajun spice
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 0.5 cup celery chopped
- ☐ 2 cups chicken broth
- ☐ 1 pound crawfish tails frozen thawed rinsed drained
- ☐ 4 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped

- ☐ 1 cup spring onion chopped
- ☐ 6 servings spring onion chopped
- ☐ 1 medium onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup rice long-grain uncooked

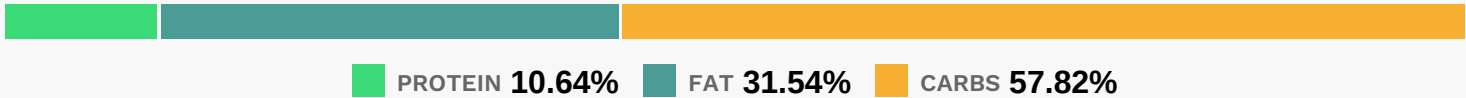
Equipment

- ☐ dutch oven

Directions

- ☐ Cook rice according to package directions, substituting 2 cups chicken broth for water; set aside.
- ☐ Melt butter in a Dutch oven over medium-high heat; saut onion, bell pepper, and celery 8 minutes or until vegetables are tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Stir in stewed tomatoes and Cajun seasoning; reduce heat to low, and simmer, uncovered, 15 to 20 minutes.
- ☐ Add crawfish tails, and cook 5 minutes. Stir in 1 cup chopped green onions, cooked rice, and pepper.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:59.86, Glycemic Load:17.24, Inflammation Score:-7, Nutrition Score:12.855652332306%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.48mg, Quercetin:

6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 237.15kcal (11.86%), Fat: 8.5g (13.08%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 31.95g (11.62%), Sugar: 5.16g (5.74%), Cholesterol: 34.33mg (11.44%), Sodium: 464.25mg (20.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Vitamin K: 55.07µg (52.45%), Manganese: 0.64mg (32.22%), Vitamin C: 22.84mg (27.68%), Vitamin A: 864.44IU (17.29%), Copper: 0.3mg (15.18%), Vitamin B6: 0.27mg (13.38%), Selenium: 9.15µg (13.07%), Fiber: 3.12g (12.47%), Potassium: 423.27mg (12.09%), Phosphorus: 107.03mg (10.7%), Iron: 1.84mg (10.2%), Vitamin B3: 1.93mg (9.66%), Vitamin E: 1.44mg (9.58%), Folate: 35.15µg (8.79%), Magnesium: 35.08mg (8.77%), Vitamin B1: 0.13mg (8.6%), Vitamin B2: 0.15mg (8.54%), Calcium: 71.67mg (7.17%), Vitamin B5: 0.66mg (6.6%), Zinc: 0.9mg (6.02%), Vitamin B12: 0.31µg (5.22%)