



Crawfish Macquechou

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons pepper black freshly ground
- 0.3 cup butter
- 0.3 teaspoon cayenne pepper
- 1 pound crawfish tails frozen thawed peeled
- 8 ears corn fresh husked
- 1 bell pepper green chopped
- 3 green onions sliced
- 1 onion chopped

- 1 teaspoon salt
- 2 tomatoes chopped
- 1.5 teaspoons sugar white

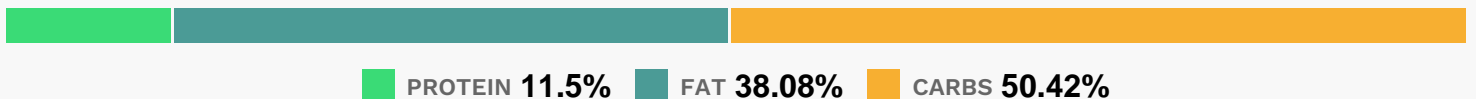
Equipment

- bowl
- frying pan
- knife

Directions

- Using a sharp knife, cut corn kernels from the cob into a large bowl. Into the same bowl, scrape the cobs with the dull side of the knife to release any juice left in the cob. Set aside.
- Melt butter in a large skillet over medium heat.
- Add the onion, bell pepper and tomatoes, and cook and stir until the onion is tender, about 10 minutes.
- Add the corn, crawfish, green onions, sugar, salt, black pepper, and cayenne and cook and stir until corn is tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:8.8099999946097%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 153.97kcal (7.7%), Fat: 7.2g (11.07%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 18.52g (6.73%), Sugar: 8.25g (9.17%), Cholesterol: 24.57mg (8.19%), Sodium: 359.78mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin C: 24.24mg (29.38%), Manganese: 0.31mg (15.27%), Vitamin A: 734.04IU (14.68%), Vitamin K: 14.54µg (13.84%), Folate: 50.51µg (12.63%), Fiber: 2.92g (11.66%), Phosphorus: 115.18mg (11.52%), Vitamin B1: 0.17mg (11.5%), Potassium: 400.28mg (11.44%), Magnesium: 43.79mg (10.95%), Vitamin B3: 2.01mg (10.07%), Vitamin B6: 0.17mg (8.66%), Vitamin B5: 0.76mg (7.57%), Copper: 0.13mg (6.61%), Iron: 0.83mg (4.61%), Vitamin B2: 0.08mg (4.49%), Selenium: 3.07µg (4.38%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.22µg (3.72%), Vitamin E: 0.5mg (3.33%), Calcium: 20.43mg (2.04%)