



Crawfish Maque Choux

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1.5 pounds crawfish tails frozen thawed rinsed drained
- ☐ 2.5 teaspoons creole seasoning
- ☐ 16 ears corn fresh
- ☐ 3 bell peppers diced green
- ☐ 3 jalapeño peppers minced
- ☐ 1 large onion diced
- ☐ 3 bell peppers diced red

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup whipping cream

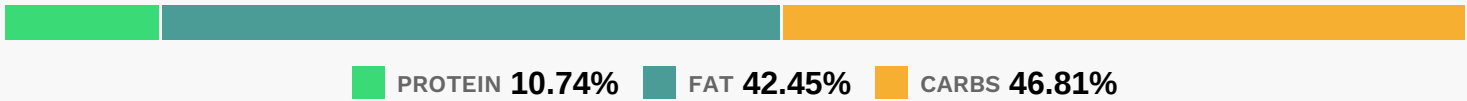
Equipment

- ☐ bowl
- ☐ knife
- ☐ dutch oven

Directions

- ☐ Cut off tips of corn kernels into a bowl; scrape milk and remaining pulp from cob with a knife.
- ☐ Melt butter in a Dutch oven over medium heat; add onion, and saute 5 minutes or until tender.
- ☐ Add bell peppers, jalapeno pepper, and corn; cook, stirring constantly, 10 minutes. Stir in remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 10 minutes, stirring often. Uncover and simmer 5 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:14.39565227861%

Flavonoids

Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 214.63kcal (10.73%), Fat: 11.15g (17.16%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 23.72g (8.62%), Sugar: 10.63g (11.81%), Cholesterol: 36.3mg (12.1%), Sodium: 158.73mg (6.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.7%), Vitamin C: 75.68mg (91.73%), Vitamin A: 1817.55IU (36.35%), Folate: 72.31µg (18.08%), Vitamin B6: 0.32mg (15.96%), Fiber: 3.95g (15.82%), Vitamin B1: 0.23mg (15.6%), Manganese: 0.31mg (15.41%), Phosphorus: 152.4mg (15.24%), Potassium: 505.64mg (14.45%), Magnesium: 56.74mg (14.18%), Vitamin B3: 2.78mg (13.89%), Vitamin B5: 1.09mg (10.89%), Vitamin B2: 0.14mg (8.49%), Vitamin E: 1.16mg (7.75%), Copper: 0.14mg (6.94%), Iron: 1.01mg (5.63%), Zinc: 0.84mg (5.62%), Vitamin K: 5.86µg (5.58%), Selenium: 3.68µg (5.26%), Vitamin B12: 0.24µg (4.05%), Calcium: 25.85mg (2.59%), Vitamin D: 0.24µg (1.59%)