



Crawfish Pistolettes

READY IN



50 min.

SERVINGS



20

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon butter
- 1 teaspoon cajun spice
- 32 ounce crawfish tails whole cooked peeled
- 1 cup evaporated milk
- 3 cloves garlic minced
- 0.5 teaspoon garlic powder
- 0.5 cup bell pepper green chopped
- 0.3 cup spring onion chopped
- 0.5 teaspoon pepper black

- 1 cup onion finely chopped
- 8 ounce processed cheese food cubed
- 0.5 teaspoon salt
- 20 portugese rolls
- 2 cups vegetable oil for frying

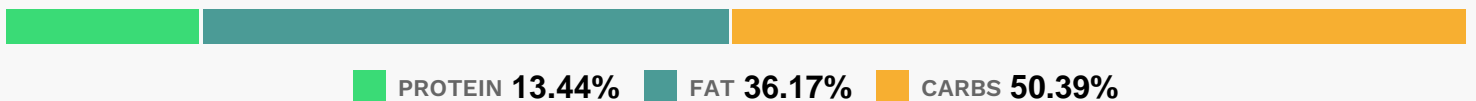
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Melt 1/4 cup of butter in a saucepan over medium heat. Stir in the chopped onion, bell pepper, green onions, and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Pour in the evaporated milk and bring to a simmer. Stir in the processed cheese until melted. Reduce the heat to low, and keep the sauce warm.
- Meanwhile, melt 1/2 teaspoon of butter in a large skillet over medium heat.
- Add the crawfish tails and season with salt, pepper, garlic powder, and Cajun seasoning. Cook and stir until the tails are hot and beginning to curl, 3 to 5 minutes. Stir the crawfish tails into the cheese sauce, and cook for 5 minutes.
- Heat oil in a large skillet to 350 degrees F (175 degrees C).
- Cook the pistolette rolls in the hot oil until golden brown on all sides.
- Remove to a paper towel lined plate to cool. Once cool enough to handle, cut a slit in one end of each roll, then use the handle of a spoon to create a pocket in the roll. Stuff the rolls with the crawfish mixture and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:23.32, Inflammation Score:-2, Nutrition Score:6.8039130983145%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 282.17kcal (14.11%), Fat: 11.32g (17.42%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 34.14g (12.42%), Sugar: 6.33g (7.03%), Cholesterol: 22.72mg (7.57%), Sodium: 560.42mg (24.37%), Alcohol: 0g (100%), Protein: 9.47g (18.94%), Iron: 10.89mg (60.52%), Calcium: 165.06mg (16.51%), Phosphorus: 116.33mg (11.63%), Vitamin K: 11.46µg (10.92%), Selenium: 4.58µg (6.54%), Vitamin B12: 0.36µg (5.99%), Fiber: 1.36g (5.44%), Vitamin C: 4.23mg (5.13%), Vitamin B2: 0.08mg (4.52%), Vitamin A: 219.09IU (4.38%), Vitamin E: 0.52mg (3.49%), Zinc: 0.5mg (3.31%), Potassium: 93.44mg (2.67%), Manganese: 0.05mg (2.52%), Copper: 0.05mg (2.43%), Magnesium: 9.63mg (2.41%), Vitamin B6: 0.05mg (2.38%), Vitamin B5: 0.17mg (1.75%), Folate: 5.32µg (1.33%), Vitamin B1: 0.02mg (1.22%)