



Crawfish, Shrimp, and Crabmeat Étouffée

READY IN



45 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 6 servings cayenne pepper to taste
- ☐ 2 celery stalks chopped
- ☐ 2 cups chicken broth
- ☐ 6 servings rice hot cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup green onion tops chopped
- ☐ 6 servings hot sauce to taste

- ☐ 2 tablespoons juice of lemon
- ☐ 1 pound lump crab meat drained
- ☐ 1 pound crawfish tail meat
- ☐ 2 large onions chopped
- ☐ 6 servings salt to taste
- ☐ 1.5 pounds shrimp deveined peeled

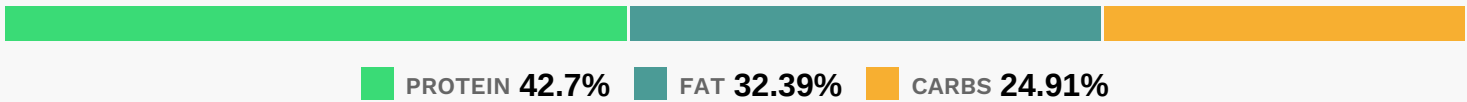
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat; add onions and celery. Saut 10 minutes or until softened.
- ☐ Meanwhile, whisk together broth and flour in a small bowl until smooth.
- ☐ Add to onion mixture. Bring to a boil, reduce heat, and simmer 30 minutes or until thickened.
- ☐ Add crawfish; cook 15 minutes.
- ☐ Add lemon juice, salt, cayenne pepper, and hot sauce.
- ☐ Add shrimp, and cook 5 minutes.
- ☐ Add crabmeat, and cook 5 minutes or until heated through.
- ☐ Add green onion and parsley.
- ☐ Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:64.83, Glycemic Load:28.11, Inflammation Score:-9, Nutrition Score:32.733478297358%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 537.96kcal (26.9%), Fat: 19.21g (29.55%), Saturated Fat: 10.51g (65.67%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 31.16g (11.33%), Sugar: 2.99g (3.32%), Cholesterol: 304.94mg (101.65%), Sodium: 1470.01mg (63.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.96g (113.93%), Vitamin B12: 7µg (116.72%), Selenium: 60.37µg (86.24%), Phosphorus: 638.34mg (63.83%), Copper: 1.27mg (63.51%), Vitamin K: 53.32µg (50.78%), Vitamin B3: 9.82mg (49.08%), Zinc: 7.13mg (47.56%), Vitamin B6: 0.87mg (43.66%), Vitamin A: 1606.91IU (32.14%), Manganese: 0.64mg (31.87%), Magnesium: 118.76mg (29.69%), Potassium: 932.6mg (26.65%), Vitamin C: 17.59mg (21.32%), Vitamin B5: 1.79mg (17.85%), Folate: 68.33µg (17.08%), Calcium: 149.36mg (14.94%), Vitamin B2: 0.24mg (13.88%), Vitamin B1: 0.19mg (12.7%), Iron: 2.26mg (12.56%), Vitamin E: 1.31mg (8.72%), Fiber: 2.08g (8.31%)