

Crayfish Cornbread

READY IN



42 min.

SERVINGS



8

CALORIES



244 kcal

Ingredients

- 2 tablespoons butter melted
- 10 ounce canned tomatoes diced with green chile peppers canned
- 12 ounce corn bread mix dry
- 1 pound crawfish tails peeled
- 1 eggs
- 1 bell pepper green chopped
- 2 green onions chopped
- 1 onion chopped
- 8 servings salt and pepper to taste
- 2 tablespoons cheddar cheese shredded

Equipment

- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Saute crawfish, onions, bell peppers, green onions, salt and pepper together until crawfish are cooked; approximately 5 minutes.
- Mix together cornbread mix, tomatoes and egg.
- Pour cornbread mixture and crawfish mixture into a 9x13 inch baking pan.
- Bake for 25 minutes.
- Glaze top of cornbread with butter and sprinkle with cheese. Change the oven's temperature to broil and place the cornbread back in the oven until the cheese has melted, approximately 2 minutes.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:8.3226086497307%

Flavonoids

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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 244.3kcal (12.22%), Fat: 9.41g (14.47%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 29.71g (10.8%), Sugar: 10.87g (12.08%), Cholesterol: 40.28mg (13.43%), Sodium: 711.51mg (30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Phosphorus: 253.88mg (25.39%), Vitamin C: 17.87mg (21.66%), Fiber: 4.5g (17.99%), Vitamin B1: 0.2mg (13.61%), Folate: 49.45µg (12.36%), Selenium: 7.12µg (10.17%), Vitamin B2: 0.17mg (9.83%), Manganese: 0.19mg (9.58%), Vitamin K: 9.8µg (9.34%), Vitamin B3: 1.64mg (8.22%), Iron: 1.36mg (7.58%), Vitamin B6: 0.13mg (6.31%), Vitamin A: 275.98IU (5.52%), Vitamin B12: 0.33µg

(5.44%), Calcium: 53.58mg (5.36%), Copper: 0.1mg (4.9%), Magnesium: 17.22mg (4.31%), Vitamin B5: 0.37mg (3.7%), Potassium: 128.74mg (3.68%), Zinc: 0.55mg (3.67%), Vitamin E: 0.3mg (1.98%)