



## Creamy Crawfish Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup butter
- 10 ounce canned tomatoes diced green drained canned
- 2 rib celery minced
- 1 chicken bouillon cube
- 2 pound crawfish tails frozen thawed
- 1 tablespoon creole seasoning
- 0.3 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 4 garlic cloves minced

- 0.5 bell pepper green minced
- 1 bunch green onions finely chopped
- 8 ounce pasta
- 1 small onion minced
- 8 servings parmesan cheese shredded
- 8 servings garnish: parsley fresh chopped
- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 1 pint whipping cream

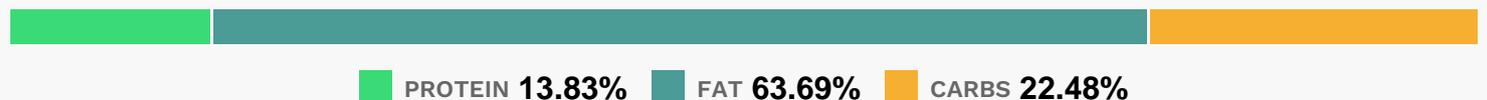
## Equipment

- dutch oven

## Directions

- Cook linguine according to package directions; drain. Keep warm.
- Melt butter in a Dutch oven over medium heat.
- Add flour, and cook, stirring constantly, 2 minutes or until blended.
- Add green onions and next 4 ingredients; saut 5 minutes or until tender.
- Add bouillon cube and next 7 ingredients; cook 10 minutes or until thickened. Stir in hot sauce, if desired.
- Serve over linguine noodles; sprinkle with shredded Parmesan cheese.
- Garnish, if desired.
- \*2 pounds peeled, medium-size fresh or frozen shrimp can be substituted for crawfish tails.

## Nutrition Facts



## Properties

Glycemic Index:61.38, Glycemic Load:12.87, Inflammation Score:-9, Nutrition Score:20.39173907819%

## Flavonoids

Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

## Nutrients (% of daily need)

Calories: 581.05kcal (29.05%), Fat: 41.61g (64.02%), Saturated Fat: 26g (162.53%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.59g (11.12%), Sugar: 5.13g (5.7%), Cholesterol: 136.45mg (45.48%), Sodium: 809.52mg (35.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.67%), Vitamin K: 86.62µg (82.49%), Selenium: 33.69µg (48.13%), Vitamin A: 2239.66IU (44.79%), Calcium: 439.47mg (43.95%), Phosphorus: 362.11mg (36.21%), Manganese: 0.48mg (23.77%), Vitamin C: 17.82mg (21.6%), Vitamin B2: 0.31mg (18.16%), Vitamin B12: 0.9µg (15.03%), Copper: 0.27mg (13.73%), Magnesium: 51.58mg (12.9%), Zinc: 1.83mg (12.21%), Vitamin B6: 0.23mg (11.51%), Vitamin E: 1.69mg (11.25%), Iron: 1.98mg (11.02%), Potassium: 372.84mg (10.65%), Fiber: 2.44g (9.78%), Vitamin B1: 0.14mg (9.54%), Folate: 37.76µg (9.44%), Vitamin B3: 1.77mg (8.87%), Vitamin D: 1.1µg (7.31%), Vitamin B5: 0.67mg (6.67%)