



Creole Crawfish Boil



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 pounds live crawfish
- ☐ 4 ears corn sweet halved
- ☐ 1 head garlic halved
- ☐ 2 lemons plus more for serving halved
- ☐ 3 pounds new potatoes red medium to large
- ☐ 4 medium onions quartered
- ☐ 8 servings pepper sauce hot for serving

- ☐ 2 teaspoons salt
- ☐ 0.3 cup zatarains shrimp boil
- ☐ 2 pounds sausage smoked such as andouille or kielbasa

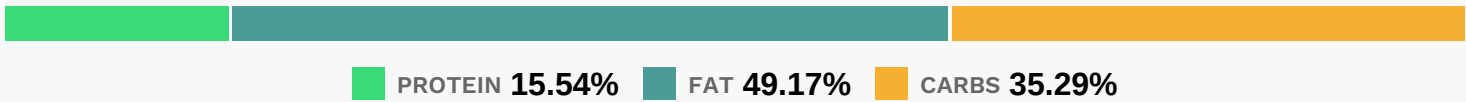
Equipment

- ☐ pot

Directions

- ☐ Fill a huge stock pot, preferably fitted with a basket insert, with about 4 quarts of water. Keep in mind that when you add the solid ingredients the water level will rise, so don't fill the pot up more than 1/2 way. Squeeze the lemon juice into the water, tossing in the halves too.
- ☐ Add the bay leaves, salt, seasoning, onions, and garlic; bring the broth to a boil over medium-high heat and simmer for 10 minutes. You want a very aromatic broth with plenty of salt and spices; taste it, don't be afraid to make it strong so some of that flavor can penetrate and get absorbed by the potatoes and stuff.
- ☐ Add the potatoes to the pot to give them a head start and simmer for 10 minutes. Now add the corn and sausage; cook another 10 minutes, making sure everything stays covered with the liquid. Toss in the crawfish and shut off the heat. Cover the pot and let the crawfish steep in the flavor for 15 minutes.
- ☐ Drain and spread the crawfish, sausage, corn, potatoes, and onions out on a table that's covered with newspaper.
- ☐ Serve with lemons, hot sauce, and plenty of napkins.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:23.66, Inflammation Score:-7, Nutrition Score:24.327826297801%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg,

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.72mg, Quercetin: 12.72mg, Quercetin: 12.72mg, Quercetin: 12.72mg

Nutrients (% of daily need)

Calories: 564.73kcal (28.24%), Fat: 31.38g (48.27%), Saturated Fat: 10.77g (67.31%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 43.99g (16%), Sugar: 7.25g (8.06%), Cholesterol: 99.16mg (33.05%), Sodium: 1579.72mg (68.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.63%), Vitamin C: 56.46mg (68.44%), Vitamin B6: 0.92mg (45.77%), Vitamin B1: 0.56mg (37.06%), Vitamin B12: 2.13µg (35.57%), Potassium: 1231.34mg (35.18%), Manganese: 0.7mg (34.86%), Vitamin B3: 6.66mg (33.28%), Phosphorus: 320.56mg (32.06%), Selenium: 21.33µg (30.47%), Fiber: 6.66g (26.66%), Zinc: 3.52mg (23.44%), Iron: 3.98mg (22.09%), Magnesium: 87.37mg (21.84%), Copper: 0.42mg (20.8%), Vitamin K: 21.27µg (20.25%), Vitamin B2: 0.31mg (18.32%), Folate: 68.77µg (17.19%), Vitamin B5: 1.53mg (15.35%), Calcium: 84.66mg (8.47%), Vitamin D: 1.25µg (8.32%), Vitamin A: 161.77IU (3.24%)