

## Doug's Crawfish Pie

READY IN



140 min.

SERVINGS



12

CALORIES



461 kcal

### Ingredients

- ☐ 1 cup butter
- ☐ 12 servings cayenne pepper to taste
- ☐ 12 servings celery chopped
- ☐ 2 pounds crawfish tails whole cooked peeled
- ☐ 0.5 cup flour
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 4 green onions chopped
- ☐ 12 servings salt and ground pepper black to taste

- ☐ 12 servings hot sauce to taste
- ☐ 12 puff pastry shells
- ☐ 1 onion sweet chopped vidalia® (such as )
- ☐ 3 tablespoons tomato paste
- ☐ 0.5 cup vegetable broth

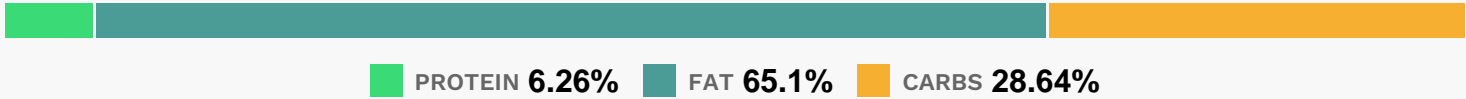
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pie form

## Directions

- ☐ Melt butter in a large skillet on medium heat, then stir in flour; cook until light brown, about 10 minutes.
- ☐ Add sweet onion, green pepper, celery, and green onions. Cover and simmer on low heat for about one hour, stirring occasionally.
- ☐ Stir in vegetable broth and tomato paste, and cook until it reaches a creamy consistency.
- ☐ Mix in crawfish tails, garlic, and parsley, then cook for about 15 minutes or until the tails are tender. Stir in salt, black pepper, cayenne pepper, and hot sauce.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Bake the puff pastry shells for 5 to 7 minutes, or until they puff up and start to brown a little.
- ☐ Remove from oven and set aside to cool. Pull off center tops and save. Turn oven down to 350 degrees F (175 degrees C).
- ☐ Spoon mixture into puff pastry shells until slightly overfilled. Put extra filling into a pie dish and cover with the remaining puff pastry shell center tops to create 6 small pies and 1 large crawfish pie.
- ☐ Place pies on a baking sheet.
- ☐ Bake for about 15 minutes, or until the shells are golden brown and the filling has a nice shine to it.

# Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:15.53, Inflammation Score:-9, Nutrition Score:16.456956448762%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 5.83mg, Apigenin: 5.83mg, Apigenin: 5.83mg, Apigenin: 5.83mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

## Nutrients (% of daily need)

Calories: 460.9kcal (23.05%), Fat: 34.03g (52.36%), Saturated Fat: 14.41g (90.06%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 29.78g (10.83%), Sugar: 4.36g (4.84%), Cholesterol: 53.1mg (17.7%), Sodium: 413.57mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.73%), Vitamin K: 72.97µg (69.5%), Vitamin A: 2068.61IU (41.37%), Manganese: 0.52mg (25.84%), Folate: 101.8µg (25.45%), Selenium: 17.53µg (25.05%), Vitamin C: 17.88mg (21.67%), Vitamin B1: 0.29mg (19.14%), Vitamin B2: 0.27mg (16.08%), Vitamin B3: 3.2mg (16.02%), Fiber: 3.92g (15.67%), Potassium: 499.84mg (14.28%), Iron: 2.31mg (12.83%), Vitamin E: 1.84mg (12.24%), Vitamin B6: 0.24mg (11.77%), Phosphorus: 108.76mg (10.88%), Copper: 0.2mg (10.25%), Magnesium: 34.12mg (8.53%), Calcium: 75.97mg (7.6%), Vitamin B12: 0.31µg (5.22%), Zinc: 0.74mg (4.95%), Vitamin B5: 0.42mg (4.17%)