



Go-To Crawfish Etouffee



Gluten Free

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READY IN

ready

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40 min.

SERVINGS

servings

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8

CALORIES

calories

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268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 teaspoon cajun spice to taste
- ☐ 2 stalks celery chopped
- ☐ 10.8 ounce condensed golden mushroom soup canned
- ☐ 0.8 cup parsley fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 1 bunch green onions chopped
- ☐ 8 servings salt and ground pepper black to taste

- ☐ 2 pounds crawfish tail meat
- ☐ 1 onion diced

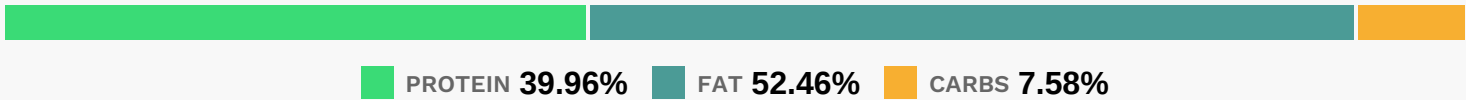
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large, heavy skillet over medium heat, and stir in the onion, green bell pepper, green onions, and celery; cook the vegetables, stirring frequently, until the onion is translucent and the vegetables have begun to soften, about 10 minutes. Stir in the golden mushroom soup, parsley, Cajun seasoning, salt, and black pepper, and bring the sauce to a boil.
- ☐ Gently mix in the crawfish tail meat, and simmer until the crawfish tails are opaque, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:19.819565119951%

Flavonoids

Apigenin: 12.41mg, Apigenin: 12.41mg, Apigenin: 12.41mg, Apigenin: 12.41mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 268.05kcal (13.4%), Fat: 15.5g (23.84%), Saturated Fat: 8.43g (52.66%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 3.94g (1.43%), Sugar: 1.23g (1.36%), Cholesterol: 104.98mg (34.99%), Sodium: 505.67mg (21.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.13%), Vitamin K: 104.13µg (99.17%), Vitamin B3: 12.41mg (62.06%), Selenium: 36.58µg (52.26%), Vitamin B6: 0.93mg (46.74%), Vitamin C: 22.7mg (27.51%), Phosphorus: 267.27mg (26.73%), Vitamin A: 1116.22IU (22.32%), Vitamin B5: 1.79mg (17.93%), Potassium: 589.55mg (16.84%), Manganese: 0.21mg (10.4%), Magnesium: 40.42mg (10.11%), Vitamin B2: 0.17mg (9.75%), Zinc: 1.23mg (8.19%), Vitamin B1: 0.11mg (7.02%), Copper: 0.14mg (6.97%), Iron: 1.24mg (6.91%), Folate: 25.94µg (6.48%), Vitamin

B12: 0.31µg (5.2%), Vitamin E: 0.76mg (5.08%), Fiber: 1.1g (4.4%), Calcium: 30.19mg (3.02%)