



Hickory-Grilled Redfish with Crawfish Maque Choux

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 8 servings crawfish maque choux
- ☐ 2.5 tablespoons creole seasoning
- ☐ 8 servings garnish: green onions sliced
- ☐ 8 servings hickory chips
- ☐ 8 ounce redfish fillets

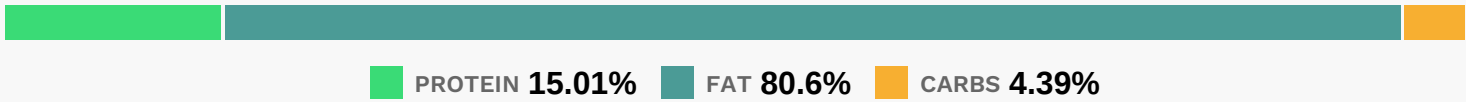
Equipment

☐ grill

Directions

- ☐ Soak hickory chips in water to cover 30 minutes; drain. Set aside.
- ☐ Brush fillets with butter; sprinkle both sides with Creole seasoning.
- ☐ Prepare fire; let burn 10 to 15 minutes.
- ☐ Place hickory chips over hot coals. Coat food rack with cooking spray; place on grill. Arrange fillets on rack. Grill, covered with grill lid, over medium heat (350 to 400 degrees Fahrenheit) for 6 to 8 minutes or until fish flakes with a fork, turning and basting once with remaining butter.
- ☐ Serve over Crawfish Maque Choux.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.29, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:5.3673913323361%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 145.82kcal (7.29%), Fat: 13.35g (20.53%), Saturated Fat: 7.71g (48.19%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.31g (0.34%), Cholesterol: 50.02mg (16.67%), Sodium: 119.79mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Vitamin A: 1113.22IU (22.26%), Vitamin K: 14.67µg (13.97%), Manganese: 0.24mg (12.19%), Vitamin B12: 0.62µg (10.37%), Vitamin B6: 0.13mg (6.53%), Phosphorus: 64.41mg (6.44%), Selenium: 4.23µg (6.05%), Vitamin E: 0.83mg (5.52%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (4.31%), Copper: 0.08mg (4.13%), Potassium: 136.07mg (3.89%), Vitamin C: 2.67mg (3.24%), Magnesium: 12.87mg (3.22%), Calcium: 27.65mg (2.76%), Iron: 0.49mg (2.74%), Folate: 10.5µg (2.63%), Fiber: 0.63g (2.5%), Vitamin B5: 0.24mg (2.43%), Vitamin B1: 0.03mg (2.01%), Zinc: 0.28mg (1.87%)