



Linguine with Spicy Crawfish Butter

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 tablespoons butter softened
- ☐ 1 tablespoon cajun spice
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 pound pasta
- ☐ 10 ounce crawfish tail meat frozen thawed deveined rinsed cooked peeled drained finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt

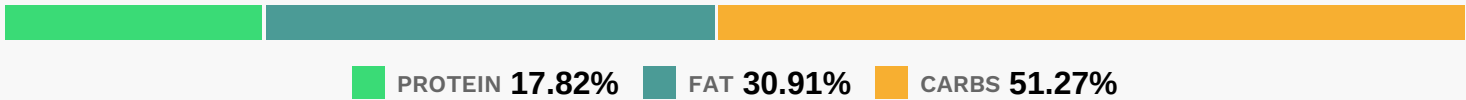
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat a small skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add Cajun seasoning, red pepper, salt, and garlic to pan; saut 1 minute, and transfer to a large bowl.
- ☐ Add butter and crawfish to bowl; stir well to combine.
- ☐ Add hot pasta and parsley; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:17.39, Inflammation Score:-7, Nutrition Score:13.086087018899%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 347.8kcal (17.39%), Fat: 11.87g (18.27%), Saturated Fat: 6.68g (41.78%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 41.9g (15.24%), Sugar: 2.08g (2.31%), Cholesterol: 49.02mg (16.34%), Sodium: 198.22mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.79%), Selenium: 47.57µg (67.96%), Vitamin K: 32.6µg

(31.04%), Manganese: 0.58mg (28.83%), Vitamin B3: 4.81mg (24.04%), Vitamin B6: 0.4mg (19.79%), Phosphorus: 193.34mg (19.33%), Vitamin A: 957.99IU (19.16%), Magnesium: 43.48mg (10.87%), Fiber: 2.41g (9.64%), Copper: 0.19mg (9.51%), Potassium: 312.48mg (8.93%), Vitamin B5: 0.81mg (8.11%), Zinc: 1.11mg (7.38%), Iron: 1.22mg (6.79%), Vitamin B1: 0.09mg (5.74%), Vitamin B2: 0.09mg (5.37%), Vitamin C: 4.11mg (4.99%), Vitamin E: 0.72mg (4.82%), Folate: 17.34µg (4.33%), Calcium: 25.78mg (2.58%), Vitamin B12: 0.09µg (1.53%)