



HEALTH SCORE

100%

Link Family Crawfish Boil



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 40 pounds crawfish tails
- 8 ears corn cut into thirds
- 6 heads garlic halved
- 10 optional: lemon halved
- 8 medium onion quartered
- 3 pounds potatoes - remove skin red
- 2 pounds salt
- 4.5 pound suya seasoning mix

Equipment

- knife
- pot
- colander

Directions

- Bring a very large pot of water to a boil over high heat.
- Add the salt, onions, lemons, garlic, and spice mix and boil until the onions and lemon soften, about 10 minutes.
- Add the potatoes and boil until tender when pierced with a knife, approximately 15 minutes.
- Add the corn, cook an additional 10 minutes, then transfer the vegetables to a colander.
- Drain well, then spread the corn and potatoes on a table lined with paper. Return the water to a boil, then add the crawfish, and bring back to a boil once more. Immediately turn off the heat and allow the crawfish to soak, uncovered, in the spicy water for 20 to 30 minutes.
- Drain the crawfish and serve alongside the vegetables with plenty of napkins and cold beer.
- Follow the directions above, using 5 pounds of crawfish, 1 1/4 cups salt, 1 1/4 cups Donnie's Spice
- Mix, 6 bay leaves, 3 halved lemons, and 1 pound each new potatoes and corn.
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DONALD LINK is the chef-owner of Herbsaint and Cochon in New Orleans. He won the James Beard Best Chef South Region Award in 2007. PAULA DISBROWE is the author of Cowgirl Cuisine and co-author of Susan Spicer's Crescent City Cooking. She lives in Austin, Texas.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:6.56, Inflammation Score:-10, Nutrition Score:78.596521792204%

Flavonoids

Eriodictyol: 19.22mg, Eriodictyol: 19.22mg, Eriodictyol: 19.22mg, Eriodictyol: 19.22mg Hesperetin: 25.11mg, Hesperetin: 25.11mg, Hesperetin: 25.11mg, Hesperetin: 25.11mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 16.89mg, Quercetin: 16.89mg, Quercetin: 16.89mg, Quercetin: 16.89mg

Nutrients (% of daily need)

Calories: 815.88kcal (40.79%), Fat: 11.02g (16.96%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 166.35g (55.45%), Net Carbohydrates: 86.87g (31.59%), Sugar: 17.68g (19.64%), Cholesterol: 248.57mg (82.86%), Sodium: 29555.6mg (1285.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.89g (107.78%), Vitamin K: 1061.49µg (1010.95%), Manganese: 9.57mg (478.53%), Iron: 66.93mg (371.84%), Fiber: 79.48g (317.92%), Calcium: 2905.27mg (290.53%), Vitamin E: 31.27mg (208.49%), Magnesium: 585.07mg (146.27%), Vitamin B6: 2.6mg (130.06%), Folate: 492.95µg (123.24%), Copper: 2.44mg (121.99%), Selenium: 73.42µg (104.89%), Potassium: 3546.46mg (101.33%), Vitamin B12: 5.62µg (93.74%), Vitamin C: 76.15mg (92.3%), Phosphorus: 868.67mg (86.87%), Vitamin B2: 1.16mg (68.51%), Vitamin B3: 13.56mg (67.78%), Vitamin A: 3126.74IU (62.53%), Zinc: 8.33mg (55.52%), Vitamin B1: 0.67mg (44.6%), Vitamin B5: 3.59mg (35.87%)