



Louisiana Crawfish Étouffée

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 pound butter
- ☐ 0.5 cup celery chopped
- ☐ 8 servings rice hot cooked
- ☐ 8 servings creole seasoning
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup bell pepper green chopped

- ☐ 1 cup green onions chopped
- ☐ 8 servings hot sauce
- ☐ 2 pounds louisiana crawfish tail meat cooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 tablespoons cooking sherry
- ☐ 6 cups crawfish stock
- ☐ 0.5 cup tomatoes diced
- ☐ 0.5 cup tomato sauce
- ☐ 1 cup onion yellow chopped

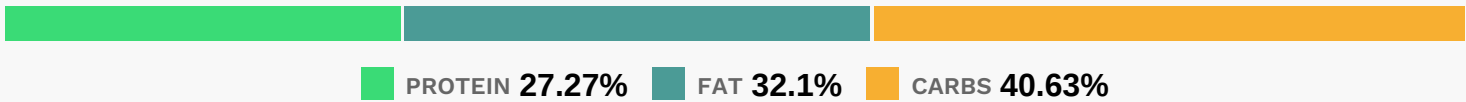
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large, heavy saucepan over medium heat.
- ☐ Add onion and next 7 ingredients; saut 5 to 7 minutes or until vegetables are tender.
- ☐ Add flour and cook, stirring constantly, 10 minutes or until mixture is a rich, dark brown.
- ☐ Stir in stock, and simmer over medium-low heat 45 minutes.
- ☐ Add crawfish, and cook until heated. Stir in sherry, green onions, and parsley.
- ☐ Add Creole seasoning to taste.
- ☐ Serve over hot cooked rice with hot sauce on the side.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:35.12, Inflammation Score:-9, Nutrition Score:26.729999967243%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 435.67kcal (21.78%), Fat: 15.36g (23.63%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 40.82g (14.84%), Sugar: 4.51g (5.01%), Cholesterol: 103.05mg (34.35%), Sodium: 1016.21mg (44.18%), Alcohol: 0.39g (100%), Alcohol %: 0.1% (100%), Protein: 29.35g (58.7%), Vitamin K: 94.54µg (90.04%), Selenium: 48.42µg (69.17%), Vitamin B3: 13.77mg (68.83%), Vitamin B6: 1.12mg (55.82%), Vitamin A: 2536.92IU (50.74%), Vitamin C: 34.37mg (41.66%), Manganese: 0.68mg (34.17%), Phosphorus: 326.79mg (32.68%), Vitamin B5: 2.18mg (21.81%), Potassium: 722.96mg (20.66%), Vitamin B1: 0.26mg (17.37%), Folate: 65.96µg (16.49%), Vitamin B2: 0.27mg (16%), Magnesium: 59.07mg (14.77%), Iron: 2.23mg (12.4%), Vitamin E: 1.75mg (11.69%), Fiber: 2.92g (11.66%), Zinc: 1.46mg (9.74%), Copper: 0.18mg (8.91%), Calcium: 52.41mg (5.24%), Vitamin B12: 0.25µg (4.18%)