



Pecan, Rice, and Crawfish Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 1 rib celery
- ☐ 2 cups rice long-grain cooked
- ☐ 32 ounce crawfish tails frozen thawed cooked peeled
- ☐ 2 tablespoons creole seasoning
- ☐ 10 servings parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green

- ☐ 1 small bunch green onions chopped
- ☐ 1 pound ground beef lean
- ☐ 1 medium onion
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red

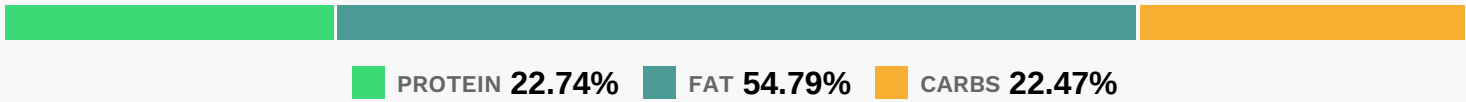
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Chop first 4 ingredients. Cook vegetables, ground beef, and garlic in a Dutch oven over medium-high heat 10 minutes, stirring until beef crumbles and is no longer pink.
- ☐ Stir in crawfish and next 6 ingredients; cook 3 minutes or until thoroughly heated. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 25 to 30 minutes or until lightly browned.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:10.26, Inflammation Score:-8, Nutrition Score:16.859130426593%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate:

0.25mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 245.24kcal (12.26%), Fat: 15.2g (23.38%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.71g (4.26%), Sugar: 1.9g (2.11%), Cholesterol: 43.04mg (14.35%), Sodium: 98.73mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.39%), Vitamin K: 73.6µg (70.09%), Vitamin C: 32.52mg (39.42%), Manganese: 0.76mg (38.15%), Vitamin A: 1409.42IU (28.19%), Vitamin B12: 1.36µg (22.65%), Zinc: 3.27mg (21.78%), Selenium: 14.66µg (20.95%), Vitamin B6: 0.36mg (17.85%), Phosphorus: 177.04mg (17.7%), Vitamin B3: 3.27mg (16.36%), Copper: 0.28mg (13.98%), Iron: 2.04mg (11.31%), Potassium: 355.9mg (10.17%), Magnesium: 38.77mg (9.69%), Fiber: 2.32g (9.27%), Vitamin B1: 0.13mg (8.68%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 1.05mg (6.97%), Vitamin B5: 0.66mg (6.55%), Folate: 24.37µg (6.09%), Calcium: 36.98mg (3.7%)