



Quick Crawfish Étouffée



Gluten Free



Dairy Free

READY IN



41 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon cajun spice salt-free
- ☐ 1 cup celery chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 pound crawfish tails frozen thawed cooked peeled drained
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 garlic cloves minced

- ☐ 1 bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 large onion chopped
- ☐ 1 cup rice long-grain uncooked

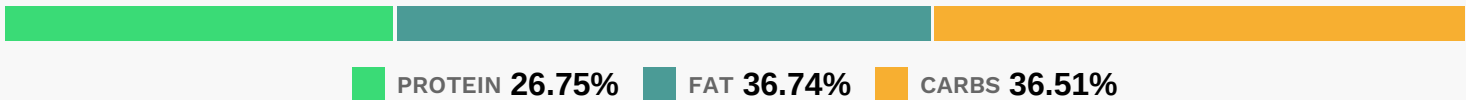
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Prepare rice according to package directions.
- ☐ Melt butter in a large cast-iron skillet or Dutch oven over medium heat.
- ☐ Add onion and next 3 ingredients; cook, stirring constantly, 8 minutes.
- ☐ Stir together soup and chicken broth.
- ☐ Add to vegetable mixture. Stir in Cajun seasoning and ground red pepper.
- ☐ Cook over medium-low heat 10 minutes, stirring occasionally. Stir in crawfish, green onions, and parsley; cook 3 minutes or until hot.
- ☐ Serve over rice.
- ☐ Note: To freeze, divide touffe evenly into 3 (1-quart) zip-top plastic freezer bags. Freeze up to 1 month. Thaw in refrigerator overnight.
- ☐ Remove from freezer bag, and warm in a saucepan, stirring until thoroughly heated. Each bag contains about two servings.

Nutrition Facts



Properties

Glycemic Index:45.2, Glycemic Load:15.79, Inflammation Score:-8, Nutrition Score:15.441304371409%

Flavonoids

Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 370.95kcal (18.55%), Fat: 14.98g (23.05%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 31.33g (11.39%), Sugar: 2.06g (2.29%), Cholesterol: 49.22mg (16.41%), Sodium: 807.87mg (35.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.07%), Vitamin K: 50.54µg (48.13%), Manganese: 0.64mg (32.2%), Selenium: 20.94µg (29.92%), Vitamin A: 1415.76IU (28.32%), Vitamin C: 22.49mg (27.26%), Phosphorus: 203.85mg (20.39%), Zinc: 2.94mg (19.63%), Vitamin B6: 0.36mg (17.8%), Vitamin B12: 1.06µg (17.62%), Vitamin B3: 3.11mg (15.55%), Copper: 0.31mg (15.3%), Iron: 2.22mg (12.32%), Potassium: 402.86mg (11.51%), Vitamin B2: 0.17mg (9.94%), Magnesium: 38.37mg (9.59%), Fiber: 2.17g (8.68%), Vitamin E: 1.06mg (7.08%), Folate: 27.66µg (6.92%), Vitamin B5: 0.61mg (6.08%), Calcium: 54.3mg (5.43%), Vitamin B1: 0.08mg (5.02%)