



Rice Cooker Crawfish Tails

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cajun spice to taste
- 10 ounce canned tomatoes diced with green chile peppers canned
- 14.5 ounce chicken broth canned
- 1 pound crawfish tails peeled
- 1 tablespoon parsley dried
- 1 bell pepper diced green
- 1 bunch green onions diced
- 1.5 cups rice long grain uncooked

4 tablespoons butter

1 small onion diced

Equipment

bowl

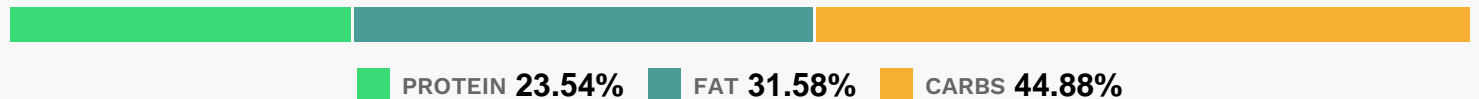
rice cooker

Directions

In a large bowl, combine rice, green pepper, onion, green onions, crawfish tails, chicken broth, diced tomatoes, margarine, parsley, and Cajun seasoning.

Pour into rice cooker, and cook for 1 cycle, or until liquid is absorbed, about 30 minutes. Taste, and adjust seasonings.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:22.63, Inflammation Score:-7, Nutrition Score:12.186956549468%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 395.14kcal (19.76%), Fat: 13.6g (20.92%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 40.48g (14.72%), Sugar: 2.75g (3.06%), Cholesterol: 46.68mg (15.56%), Sodium: 590.13mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.62%), Selenium: 22.84µg (32.63%), Manganese: 0.61mg (30.33%), Vitamin C: 23.71mg (28.75%), Phosphorus: 193.35mg (19.33%), Zinc: 2.44mg (16.3%), Vitamin B12: 0.98µg (16.26%), Vitamin K: 16.22µg (15.44%), Vitamin A: 743.79IU (14.88%), Vitamin B6: 0.29mg (14.5%), Vitamin B3: 2.73mg (13.67%), Fiber: 3.01g (12.02%), Copper: 0.21mg (10.73%), Iron: 1.66mg (9.2%), Magnesium: 33.73mg (8.43%), Potassium: 262.85mg (7.51%), Vitamin B2: 0.13mg (7.4%), Vitamin B5: 0.57mg (5.72%), Vitamin E: 0.78mg (5.23%), Calcium: 42.08mg (4.21%), Vitamin B1: 0.06mg (3.88%), Folate: 13.68µg (3.42%)