



WHATSheATE



Saucy Crawfish with Whole Corn Grits

READY IN



46 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces andouille sausage finely chopped
- ☐ 1 chipotle chile canned
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup chives fresh divided chopped
- ☐ 1.5 cups corn kernels fresh
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.7 cup bell pepper green chopped
- ☐ 1 cup regular grits uncooked

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk 2% reduced-fat
- ☐ 3.5 cups milk 2% divided reduced-fat
- ☐ 0.5 cup cheddar cheese shredded reduced-fat
- ☐ 1.7 cups crawfish tail meat cooked
- ☐ 2 teaspoons olive oil
- ☐ 0.7 cup onion chopped
- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 3 tablespoons cup heavy whipping cream light sour
- ☐ 2 teaspoons tomato paste
- ☐ 1.5 cups water

Equipment

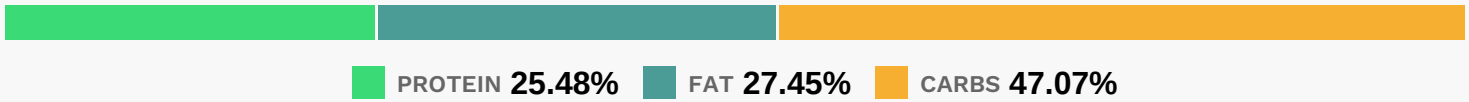
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ To prepare grits, combine 1/2 cup milk, corn, and chipotle chile in a blender; process until the corn is coarsely chopped.
- ☐ Combine remaining 3 cups milk, 1 1/2 cups water, and 1/2 teaspoon salt in a medium saucepan; bring to a simmer over medium-high heat. Gradually add grits, stirring with a whisk. Cover, reduce heat, and simmer 11 minutes or until thick, stirring frequently.
- ☐ Add corn mixture; cook an additional 3 minutes, stirring frequently.
- ☐ Remove from heat; add cheese and 3 tablespoons sour cream, stirring until cheese melts. Keep warm.
- ☐ To prepare crawfish, place flour in a large nonstick skillet over medium heat; cook 4 minutes or until lightly browned, stirring frequently.

- ☐ Remove flour from pan; set aside. Wipe pan clean.
- ☐ Return pan to medium heat.
- ☐ Add oil and sausage to pan; cook 3 minutes, stirring occasionally.
- ☐ Add onion, bell pepper, garlic, thyme, and 1/4 teaspoon salt; cook 3 minutes, stirring occasionally.
- ☐ Add reserved flour, tomato paste, and crawfish; cook 1 minute, stirring frequently. Stir in 1 cup milk; bring to a simmer, and cook 2 minutes or until sauce thickens, stirring frequently.
- ☐ Remove from heat. Stir in 1/4 cup sour cream.
- ☐ Sprinkle 1 tablespoon chives over crawfish mixture. Stir 3 tablespoons chives into grits; serve with crawfish mixture.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:16.836086957351%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 359.65kcal (17.98%), Fat: 11.06g (17.02%), Saturated Fat: 4.9g (30.59%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 40.42g (14.7%), Sugar: 13.16g (14.63%), Cholesterol: 54.35mg (18.12%), Sodium: 576.55mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.21%), Phosphorus: 384.65mg (38.46%), Selenium: 26.75µg (38.21%), Vitamin B3: 6.22mg (31.08%), Calcium: 292.78mg (29.28%), Vitamin B2: 0.48mg (28.22%), Vitamin B6: 0.56mg (27.86%), Vitamin C: 20.98mg (25.42%), Vitamin B12: 1.2µg (20.04%), Potassium: 690.58mg (19.73%), Vitamin B5: 1.74mg (17.44%), Vitamin B1: 0.25mg (16.6%), Magnesium: 62.32mg (15.58%), Zinc: 1.91mg (12.72%), Vitamin A: 586.56IU (11.73%), Manganese: 0.22mg (11.06%), Folate: 40.66µg (10.16%), Fiber: 2.27g (9.08%), Iron: 1.25mg (6.94%), Vitamin K: 6.66µg (6.35%), Copper: 0.12mg (5.91%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.18µg (1.21%)