



Spicy Crawfish and Andouille Pizza on French Bread

READY IN



45 min.

SERVINGS



6

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage diced
- ☐ 16 ounce bread crumbs french italian
- ☐ 1.5 teaspoons cajun spice
- ☐ 1 pound crawfish tails frozen thawed cooked drained
- ☐ 2 garlic clove minced
- ☐ 1 small bell pepper green chopped
- ☐ 1 small onion chopped
- ☐ 14 ounce pasta sauce

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12 ounces provolone cheese shredded

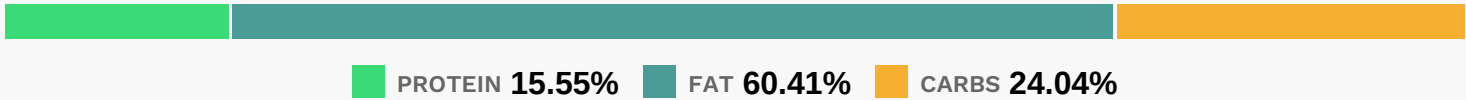
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place a 12-inch skillet over medium heat.
- ☐ Add sausage; cook 4 to 5 minutes or until lightly browned on all sides.
- ☐ Add onion, bell pepper, and garlic; cook over medium-high heat 5 to 7 minutes or until vegetables are tender.
- ☐ Add crawfish tails and Cajun seasoning.
- ☐ Remove from heat.
- ☐ Cut bread in half lengthwise.
- ☐ Cut each half crosswise into 3 equal pieces.
- ☐ Place bread, cut side up, on a baking sheet.
- ☐ Spread sauce over bread halves; top evenly with crawfish mixture.
- ☐ Sprinkle with cheese.
- ☐ Bake at 425 for 13 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:18.100869448289%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 777.5kcal (38.88%), Fat: 52.47g (80.72%), Saturated Fat: 27.62g (172.62%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 42.75g (15.54%), Sugar: 27.3g (30.33%), Cholesterol: 84.06mg (28.02%), Sodium: 1324.05mg (57.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.77%), Calcium: 452.81mg (45.28%), Phosphorus: 414.19mg (41.42%), Vitamin B3: 6.74mg (33.7%), Selenium: 19.78µg (28.25%), Vitamin B12: 1.48µg (24.66%), Vitamin B2: 0.38mg (22.39%), Vitamin A: 1097.64IU (21.95%), Zinc: 3.26mg (21.72%), Vitamin C: 15.77mg (19.12%), Potassium: 643.65mg (18.39%), Iron: 3.26mg (18.12%), Fiber: 4.24g (16.97%), Vitamin B1: 0.25mg (16.64%), Folate: 64.35µg (16.09%), Vitamin B6: 0.26mg (12.84%), Magnesium: 51.23mg (12.81%), Vitamin E: 1.62mg (10.78%), Copper: 0.19mg (9.48%), Vitamin B5: 0.84mg (8.39%), Manganese: 0.15mg (7.64%), Vitamin D: 0.81µg (5.42%), Vitamin K: 4.48µg (4.26%)