Serving Size : 1 ( 548g)

Calories 450.2

Calories from fat 229 50%

Total fat 25.5g 39%

Saturated Fat 15.0g 75%

Cholesterol 303.5 mg 101%

Sodium 389.6 mg 16%

Total Carbohydrate 18 g 6%

Dietary Fiber 1.9g 7%

Sugar 2.5 g 10%

Protein 36.6 g 73%

6 Medium/Large White Potatoes

· 1 bunch green onions (green & white parts chopped)

· 1 cup cheddar cheese

· 1 cup sour crème

· ½ cup bacon chopped

· ½ pint heavy whipping crème

· Salt to taste

· Black pepper to taste

· Granulated garlic to taste

Crawfish Etouffee

· 1 cup yellow onions, medium dice

· 1 cup bell pepper, medium dice

· 1 cup celery, medium dice

· 1 quart shrimp stock

· fresh garlic chopped finely

· salt to taste

· black pepper to taste

· crushed red pepper flakes to taste

· 1 lb Louisiana crawfish tails

· Medium Dark Roux (1 cup oil & 1 cup flour)

History is almost the same as crawfish Etouffee