Nutrition Facts

Calories in Crawfish Etouffee

Serving Size: 1 serving

Amount Per Serving

Calories 275.0

Total Fat 4.0 g

Saturated Fat 1.0 g

Polyunsaturated Fat 1.0 g

Monounsaturated Fat 1.0 g

Cholesterol 90.0 mg

Sodium 149.0 mg

Potassium 147.0 mg

Total Carbohydrate 40.0 g

Dietary Fiber 2.0 g

Sugars 2.0 g

Protein 13.0g

Ingredients

1 stick butter

2 cups chopped onions

1 cup chopped celery

1/2 cup chopped green bell peppers

1 pound peeled crawfish tails

2 teaspoons minced garlic

2 bay leaves

1 tablespoon flour

1 cup water

1 teaspoon salt

Pinch of cayenne

2 tablespoons finely chopped parsley

3 tablespoons chopped green onions

Originally étouffée was a popular dish in the Bayou and backwaters of Louisiana. Approximately 70 years ago étouffée was introduced to restaurant goers in Breaux Bridge, Louisiana. It was a very popular dish among Cajuns in the area. About 25 years ago a waiter at a popular Bourbon Street restaurant Galatoire's brought the dish in to his boss to try. The dish was a hit and they have served it ever since. The dish gained popularity in the city and is a common choice among tourists and locals alike. Many Cajun restaurant owners claim that étouffée is the most popular dish on the menu.