

Louisiana Crawfish Etouffee

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-louisiana-crawfish-recipe>

Ingredients:

- 3 cups long-grain white rice
- 6 cups water
- 3/4 cup butter
- 1 onion large, chopped
- 1 clove garlic chopped
- 1/4 cup all-purpose flour
- 1 pound crawfish tails
- 2 tablespoons tomato sauce canned
- 1 cup water or as needed
- 6 green onions chopped
- pepper
- salt
- 1 1/2 tablespoons Cajun seasoning or to taste

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 140 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 15 grams
8. Sodium: 380 milligrams
9. Sugar: 2 grams

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