

# Creamy Crawfish Pasta

Yield: 7 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-crawfish-gumbo-recipe>

## Ingredients:

- 1/2 cup unsalted butter
- 1 green bell pepper diced small
- 1 onion diced small
- 2 stalks celery diced small
- 3 cloves garlic minced
- 1/4 cup all purpose flour
- 1 teaspoon tomato paste
- 1/2 cup dry white wine
- 1 pound crawfish frozen cooked, tails, thawed
- 1 cup heavy cream or half and half
- 1 teaspoon Creole seasoning
- red pepper flakes to taste
- kosher salt
- freshly ground pepper
- 16 ounces penne pasta cooked according to package directions
- chopped parsley for serving

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 160 milligrams
4. Fat: 31 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 18 grams
8. Sodium: 190 milligrams
9. Sugar: 4 grams

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