

# Crawfish Burgers with Guacamole

Recipe compliments of Chef David Hulin

## INGREDIENTS

### Crawfish Burgers:

- 1 lb Louisiana crawfish tails
- 1/3 c flour
- 1/3 c grated Parmesan Cheese
- 1 fresh egg
- 1 Tbsp La Cajun Gold seasoning
- 1/4 c chopped parsley
- 1 Tbsp Cajun Trinity seasoning

### Guacamole:

- 6 Avocados
- 3/4 cup chopped red onions
- 1 large jalapeño seeded and diced
- 1 lime squeezed
- 8 cloves garlic minced
- 1/4 cup chopped cilantro
- 1/2 Tsp Cajun Trinity seasoning

## DIRECTIONS

### FOR THE CRAWFISH BURGERS:

1. Mix all ingredients together in a mixing bowl, set in the refrigerator for 1 hour to allow it to firm up.
2. Once firm, make a Patty and place in a hot skillet with butter and pan sear on both sides for a few minutes.
3. Pull off and allow to rest for 5 minutes. Serve hot.

### FOR THE GUACAMOLE:

1. Mix all in a bowl until the desired texture and consistency of the guacamole that you like.



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## HEALTHY SWAPS

- **Lower Fat:** Crawfish burger recipe is lower in fat as is. Omit guacamole to reduce fats further.
- **Lower Carbohydrate:** Any reductions in carbohydrates would change the integrity of the recipe.
- **Lower Sodium:** Use salt-free Cajun seasoning to reduce sodium to 520mg.
- **Dairy-free:** Use vegan cheese. No significant change in macros.
- **Gluten-free:** Use gluten-free flour and ensure Cajun seasoning is gluten-free.

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container	<b>Total Fat</b> 29g	<b>37%</b>	<b>Total Carbohydrate</b> 26g
Serving size	Saturated Fat 17g	<b>85%</b>	Dietary Fiber 3g	<b>11%</b>
2 Cup	Trans Fat 0g		Total Sugars 9g	
<b>Calories</b> per serving	<b>Cholesterol</b> 205mg	<b>68%</b>	Includes 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 1390mg	<b>60%</b>	<b>Protein</b> 24g	<b>48%</b>
<b>460</b>	Vitamin D 0.67mcg	4%	Calcium 243mg	20%
	Potassium 855mg	20%	Iron 2mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.