



Cheese Dip with Crawfish

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5.5 ounces baked tortilla chips
- ☐ 2 teaspoons butter
- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 1 pound crawfish tail meat frozen thawed deveined rinsed cooked peeled drained
- ☐ 0.5 cup onion chopped

☐ 1 pound processed cheese light cubed (such as Velveeta)

Equipment

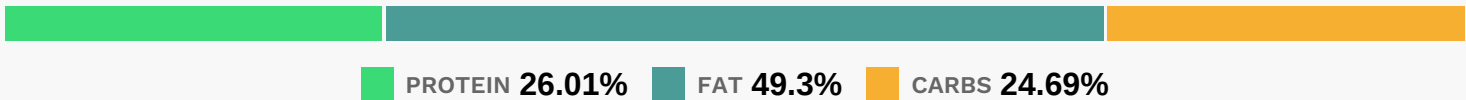
☐ frying pan

☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion and garlic; cook 5 minutes or until tender, stirring frequently.
- ☐ Add crawfish; cook 2 minutes, stirring frequently.
- ☐ Remove mixture from pan; cover and keep warm.
- ☐ Add cheese and tomatoes to pan; cook over medium-low heat for 5 minutes or until cheese melts. Stir in crawfish mixture and chopped green onions.
- ☐ Serve with tortilla chips.
- ☐ Garnish with green onion strips, if desired.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:8.6613043753997%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 175.64kcal (8.78%), Fat: 9.71g (14.94%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 9.73g (3.54%), Sugar: 2.27g (2.52%), Cholesterol: 42.52mg (14.17%), Sodium: 532.47mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.05%), Calcium: 293.14mg (29.31%), Phosphorus: 255.29mg (25.53%), Selenium: 14.82µg (21.17%), Vitamin B3: 3.09mg (15.46%), Vitamin B6: 0.28mg (13.92%), Vitamin K: 8.21µg (7.82%), Vitamin B2: 0.13mg (7.59%), Potassium: 258.65mg (7.39%), Vitamin A: 364.14IU (7.28%), Magnesium: 28.94mg (7.24%), Vitamin B12: 0.43µg (7.16%), Zinc: 0.98mg (6.55%), Vitamin B5: 0.56mg (5.59%),

Vitamin C: 4.22mg (5.12%), Vitamin E: 0.74mg (4.93%), Fiber: 1.22g (4.86%), Iron: 0.86mg (4.77%), Copper: 0.09mg (4.56%), Manganese: 0.09mg (4.51%), Vitamin B1: 0.07mg (4.48%), Folate: 11.16µg (2.79%), Vitamin D: 0.18µg (1.18%)