

Cold Crawfish Dip

 **Gluten Free**

READY IN



510 min.

SERVINGS



20

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 2 pounds crawfish tails with fat
- 32 ounce cream cheese room temperature
- 1 bunch spring onion chopped
- 1 cup mayonnaise
- 0.5 teaspoon hot sauce hot
- 1 teaspoon worcestershire sauce to taste

Equipment

- bowl
- frying pan
- hand mixer

Directions

- Melt butter in a large skillet over medium heat.
- Add half of the green onions, and cook until wilted.
- Add the crawfish tails, reduce heat to medium-low, and simmer for about 10 minutes. Set aside to cool.
- In a large bowl, stir together the cream cheese and mayonnaise until well blended. I like to use an electric mixer. Season with hot pepper sauce and Worcestershire sauce until the mixture is pink in color. When the crawfish have cooled slightly, stir them and the butter into the dip along with the rest of the green onion.
- Mix well, cover and refrigerate overnight to properly blend the flavors.

Nutrition Facts

■ PROTEIN **5.51%** ■ FAT **90.66%** ■ CARBS **3.83%**

Properties

Glycemic Index:7.95, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:4.0656521955262%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 280.97kcal (14.05%), Fat: 28.66g (44.09%), Saturated Fat: 13.4g (83.76%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.83g (2.04%), Cholesterol: 70.18mg (23.39%), Sodium: 262.05mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin K: 22.1µg (21.04%), Vitamin A: 773.36IU (15.47%), Selenium: 6.09µg (8.69%), Vitamin B2: 0.11mg (6.72%), Phosphorus: 66mg (6.6%), Vitamin E: 0.9mg (5.97%), Calcium: 50.23mg (5.02%), Vitamin B12: 0.29µg (4.86%), Vitamin B5: 0.31mg (3.13%), Potassium: 82.29mg (2.35%), Zinc: 0.33mg (2.23%), Copper: 0.04mg (2.17%), Vitamin B6: 0.03mg (1.73%), Magnesium: 6.39mg (1.6%), Folate: 6.21µg (1.55%), Vitamin B1: 0.02mg (1.02%)