

Crawfish Po Boy

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

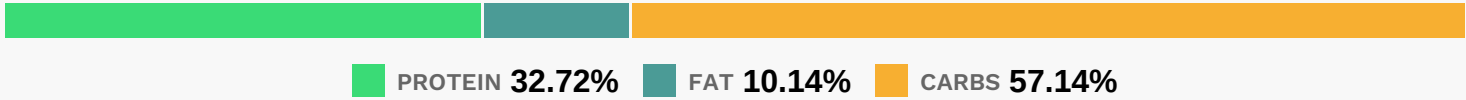
- ☐ 0.3 pound breaded crawfish
- ☐ 1 serving bread french
- ☐ 1 serving catsup for spreading
- ☐ 1 handful lettuce
- ☐ 1 serving mustard for spreading
- ☐ 1 Dash paprika
- ☐ 0.5 tomatoes sliced

Equipment

Directions

- ☐ Lay the lettuce, tomato, ketchup and mustard on the lower half of the bread.
- ☐ Place the crawfish on top and finish with a dash of paprika.

Nutrition Facts



Properties

Glycemic Index:197.5, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:5.383043486139%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 48.2kcal (2.41%), Fat: 0.58g (0.89%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 6.3g (2.29%), Sugar: 4.96g (5.51%), Cholesterol: 24.86mg (8.29%), Sodium: 217.91mg (9.47%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.22g (8.44%), Vitamin A: 656.14IU (13.12%), Selenium: 8.3µg (11.86%), Vitamin C: 9.18mg (11.13%), Vitamin B12: 0.56µg (9.37%), Copper: 0.16mg (8.02%), Manganese: 0.15mg (7.66%), Potassium: 243.45mg (6.96%), Phosphorus: 69.35mg (6.94%), Vitamin K: 5.71µg (5.44%), Vitamin B6: 0.1mg (5.21%), Vitamin B3: 0.97mg (4.85%), Magnesium: 17.67mg (4.42%), Fiber: 1.07g (4.27%), Vitamin E: 0.6mg (4.01%), Folate: 14.49µg (3.62%), Vitamin B2: 0.06mg (3.54%), Vitamin B1: 0.05mg (3.35%), Iron: 0.56mg (3.13%), Zinc: 0.45mg (2.98%), Calcium: 21.73mg (2.17%), Vitamin B5: 0.18mg (1.76%)