



Hot Crawfish Dip

READY IN



30 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup spring onion sliced
- ☐ 1 small bell pepper green finely chopped
- ☐ 1 lb crawfish tails frozen thawed cooked peeled undrained
- ☐ 2 cloves garlic finely chopped
- ☐ 4 oz pimientos diced drained
- ☐ 2 teaspoons creole seasoning
- ☐ 8 oz cream cheese cut into cubes
- ☐ 1 serving parsley fresh italian chopped (flat-leaf)

- ☐ 1 serving spring onion sliced
- ☐ 1 slices crusty baguette toasted

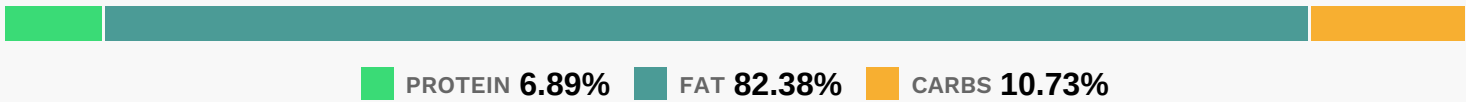
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In large saucepan, melt butter over medium heat.
- ☐ Add 1 cup onions and the bell pepper; cook 8 minutes, stirring occasionally, until bell pepper is tender. Stir in crawfish, garlic, pimientos and Creole seasoning; cook 10 minutes, stirring occasionally.
- ☐ Reduce heat to low.
- ☐ Add cream cheese; cook and stir until mixture is smooth and bubbly.
- ☐ Spoon dip into serving bowl.
- ☐ Garnish with parsley and additional onions.
- ☐ Serve hot with baguette slices.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:4.0682608511137%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 115.09kcal (5.75%), Fat: 10.82g (16.65%), Saturated Fat: 6.55g (40.91%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.16g (1.29%), Cholesterol: 34.23mg (11.41%), Sodium: 108.46mg (4.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin K: 19.94µg (18.99%), Vitamin C: 12.99mg (15.75%), Vitamin A: 765.79IU (15.32%), Selenium: 2.93µg (4.18%), Vitamin B2: 0.06mg (3.46%), Phosphorus: 33.28mg (3.33%), Vitamin E: 0.48mg (3.21%), Vitamin B6: 0.06mg (2.94%), Calcium: 26.41mg (2.64%), Manganese: 0.05mg (2.63%), Vitamin B12: 0.15µg (2.48%), Folate: 9.86µg (2.46%), Iron: 0.42mg (2.36%), Potassium: 78.97mg (2.26%), Fiber: 0.54g (2.16%), Copper: 0.04mg (2%), Vitamin B1: 0.03mg (1.76%), Vitamin B3: 0.3mg (1.51%), Magnesium: 5.94mg (1.49%), Zinc: 0.2mg (1.37%), Vitamin B5: 0.13mg (1.27%)