



Hot Crawfish Dip

READY IN



30 min.

SERVINGS



10

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices bread baguette french
- ☐ 0.5 cup butter
- ☐ 1 lb crawfish tails frozen thawed cooked peeled undrained
- ☐ 8 oz cream cheese softened
- ☐ 2 teaspoons creole seasoning
- ☐ 2 garlic cloves minced
- ☐ 1 small bell pepper diced green
- ☐ 1 leaf garnishes: green onion sliced chopped
- ☐ 1 cup green onions sliced

☐ 4 oz pimientos diced drained

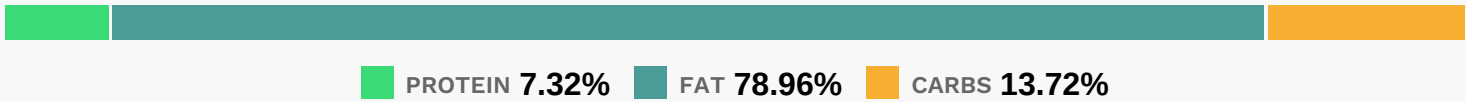
Equipment

☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat; add green onions and bell pepper. Cook, stirring occasionally, 8 minutes or until bell pepper is tender. Stir in crawfish and next 3 ingredients; cook, stirring occasionally, 10 minutes. Reduce heat to low. Stir in cream cheese until mixture is smooth and bubbly.
- ☐ Serve with toasted French bread slices.

Nutrition Facts



Properties

Glycemic Index:33.85, Glycemic Load:3.37, Inflammation Score:-7, Nutrition Score:6.5160870137422%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 192.95kcal (9.65%), Fat: 17.38g (26.74%), Saturated Fat: 10.49g (65.55%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.99g (2.21%), Cholesterol: 54.77mg (18.26%), Sodium: 191.99mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin C: 20.16mg (24.44%), Vitamin A: 1186.59IU (23.73%), Vitamin K: 24.26µg (23.1%), Selenium: 5.96µg (8.51%), Vitamin B2: 0.11mg (6.5%), Phosphorus: 56.52mg (5.65%), Vitamin E: 0.77mg (5.13%), Manganese: 0.1mg (5.07%), Vitamin B6: 0.1mg (4.85%), Folate: 19.29µg (4.82%), Vitamin B1: 0.07mg (4.56%), Iron: 0.79mg (4.38%), Calcium: 41.31mg (4.13%), Vitamin B12: 0.24µg (3.97%), Fiber: 0.91g (3.65%), Potassium: 126.28mg (3.61%), Copper: 0.07mg (3.44%), Vitamin B3: 0.64mg (3.19%), Magnesium: 10.42mg (2.61%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.21mg (2.11%)