



## Niki's Famous Crawfish Dip

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 tablespoon old bay
- ☐ 0.3 cup butter
- ☐ 1 tablespoon crab boil seasoning
- ☐ 12 ounces crawfish tails frozen thawed peeled
- ☐ 8 ounce cream cheese
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon salt

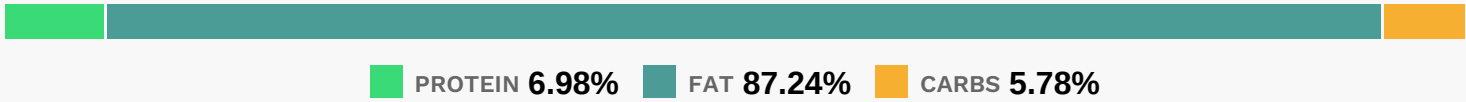
### Equipment

- ☐ food processor
- ☐ frying pan

## Directions

- ☐ Place the crawfish tails into a food processor and pulse until roughly chopped. Set aside.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the crawfish tails, garlic, crab boil, salt and Old Bay seasoning. Cook and stir until garlic is toasted.
- ☐ Remove from the heat and stir in the cream cheese until it has melted.
- ☐ Serve the dip warm or refrigerate and serve chilled.

## Nutrition Facts



## Properties

Glycemic Index:4.46, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.92521739329981%

## Nutrients (% of daily need)

Calories: 52.65kcal (2.63%), Fat: 5.21g (8.02%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.36g (0.4%), Cholesterol: 16.96mg (5.65%), Sodium: 143.53mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin A: 196.42IU (3.93%), Selenium: 1.47µg (2.1%), Vitamin K: 1.71µg (1.63%), Phosphorus: 15.54mg (1.55%), Vitamin B2: 0.02mg (1.46%), Manganese: 0.03mg (1.37%), Calcium: 13.47mg (1.35%), Vitamin B12: 0.08µg (1.29%)