



## Spicy Crawfish Spread

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



335 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.8 cup celery diced finely
- ☐ 4 servings garnish: celery leaf
- ☐ 8 ounces crawfish tails cooked peeled finely chopped
- ☐ 8 oz cream cheese softened
- ☐ 4 garlic cloves minced
- ☐ 0.8 cup onion diced finely

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2 tablespoons seasoning blend with paul prudhomme's magic seasoning) all-purpose salt-free

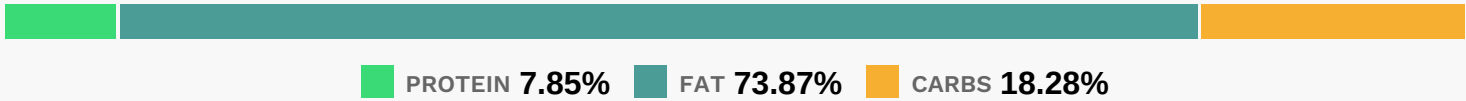
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Melt butter in a small skillet over medium-high heat.
- ☐ Add onion, celery, and garlic; saut 5 minutes or until onion and celery are tender.
- ☐ Add seasoning blend and pepper; saut 30 seconds.
- ☐ Combine sauted vegetables and crawfish tails in a bowl.
- ☐ Add softened cream cheese, and stir gently to combine.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:58.75, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:16.639130592346%

## Flavonoids

Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

## Nutrients (% of daily need)

Calories: 334.56kcal (16.73%), Fat: 28.73g (44.2%), Saturated Fat: 17.06g (106.61%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 10.15g (3.69%), Sugar: 5.5g (6.11%), Cholesterol: 89.16mg (29.72%), Sodium: 358.93mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin K: 86.04µg (81.94%), Vitamin A: 1836.85IU (36.74%), Manganese: 0.62mg (30.83%), Calcium: 243.34mg (24.33%), Fiber: 5.85g (23.38%), Folate: 76.16µg (19.04%), Iron: 3.25mg (18.07%), Vitamin E: 2.51mg (16.75%), Potassium: 582.82mg (16.65%), Vitamin B2: 0.27mg (15.63%), Vitamin B6: 0.29mg (14.66%), Phosphorus: 135.5mg (13.55%), Selenium: 8.75µg (12.51%),

Magnesium: 45.83mg (11.46%), Vitamin C: 7.55mg (9.15%), Copper: 0.16mg (8.16%), Vitamin B5: 0.81mg (8.1%),  
Vitamin B12: 0.35µg (5.89%), Zinc: 0.85mg (5.68%), Vitamin B1: 0.08mg (5.17%), Vitamin B3: 1mg (5.01%)