

Nutrients, Benefits, Selection *of* Crawfish

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**Crawfish boils are about gatherings and great taste!
Crawfish are healthy food.**

They are:

- an excellent source of high-quality protein.
- low in calories, fat and saturated fat.
- a good source of vitamins.
- Crawfish muscle fibers are shorter than the muscle fibers in red meats and are more easily digested.

Nutrients in crawfish:

- Biotin
- Calcium
- Iron
- Niacin
- Phosphorus
- Protein
- Selenium
- Vitamin A
- Vitamin B-6
- Vitamin B-12



It takes approximately 7 pounds of live crawfish to yield 1 pound of peeled tails. Large, mature crawfish have a lower yield of meat per pound than immature crawfish.

Although crawfish tend to be higher in cholesterol than most other shellfish, a 3½- ounce serving provides only about half of the daily recommended allowance.

Consuming a diet high in seafood has been shown to reduce the incidence of Alzheimer's, angina, stroke, asthma, heart disease and cancer.

Serving size: 3 oz (85g)

Amounts per serving		% of daily value
Calories	70	
Calories from fat	10	
Total fat	1 g	2%
Saturated fat	0 g	0%
Cholesterol	120 mg	40%
Sodium	160 mg	7%
Total carbohydrate	0 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	0%
Protein		15%
Vitamin A		10%
Calcium		6%
Vitamin C		0%
Iron		15%