

CRAWFISH

Crawfish are a nutritional, low fat seafood. What we call "fat" on a crawfish is actually part of the pancreas. It adds extra flavor to the crawfish but not extra fat. A 5/8 cup of crawfish tails contains a healthy portion of Vitamin A, Calcium, Iron and 2% total fat and 0% saturated fat. They're high in protein and minerals, and low in fat and calories. Crawfish are well within the 300-milligram daily limit of cholesterol recommended by the American Heart Association and the National Academy of Sciences.



Nutrition Facts			
Serving Size about 5/8 cup (89)			
Amount Per Serving			
Calories 75		Calories from Fat 10	
		% Daily Value*	
Total Fat	1g	2%	
Saturated Fat	0g	0%	
Cholesterol	126 mg	42%	
Sodium	170 mg	7%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	16g		
Vitamin A	10%	Vitamin C 0%	
Calcium	6%	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4