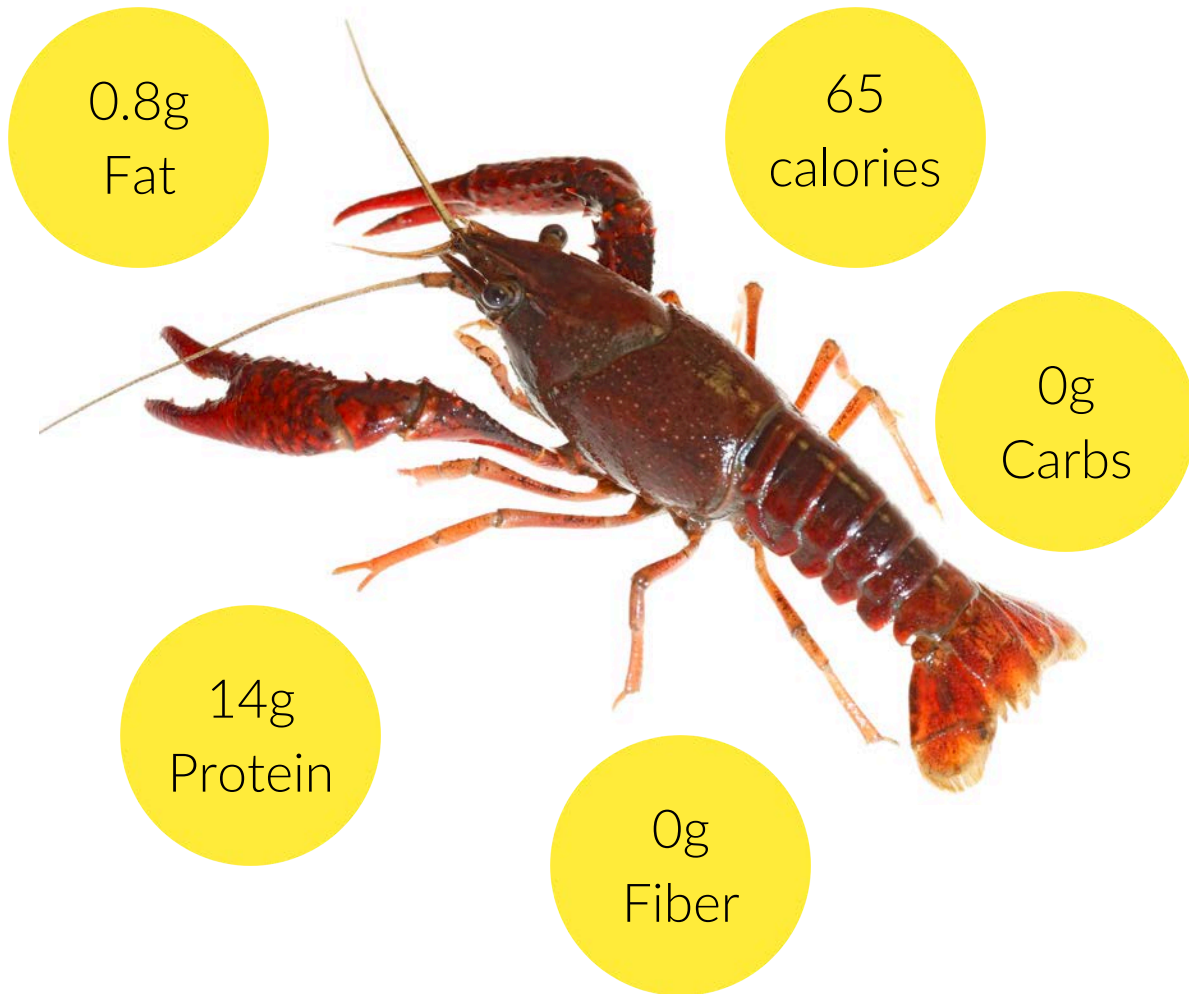


Crawfish Nutrition Facts



A 3-ounce serving of crawfish (85g) contains 65 calories, 14g of protein, 0g of carbohydrates, 0.8g of fat, 49mg of sodium, and 0g of fiber. Crawfish are low in calories and fat and are an excellent source of phosphorus, copper, manganese, selenium, and vitamin B12.

- Calories: 65
- Fat: 0.8g
- Sodium: 49mg
- Carbohydrates: 0g
- Protein: 14g
- Fiber: 0g

Crawfish Health Benefits

Reduces the Risk of Chronic Diseases

Crawfish contain antioxidants that help neutralize harmful free radicals, reducing oxidative stress and lowering the risk of chronic diseases such as cancer and cardiovascular disease.



Supports Muscle Function

Crawfish contains protein, magnesium, and phosphorus, which aid in muscle repair, growth, and contraction and support overall muscle function and performance.



Promotes Heart Health

Crawfish contain copper, selenium, and astaxanthin, which support healthy blood vessels, reduce inflammation, and prevent oxidative damage to the cardiovascular system.



Enhances Immune Function

Selenium and zinc, found in crawfish, support immune function by promoting the production of antibodies and aiding the production and activation of immune cells, helping the body fight off infections and illnesses.

