



## Boiled Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



**65 min.**

SERVINGS



**6**

CALORIES



**196 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 shrimp-and-crab boil sachet
- 2 garlic bulbs
- 3 lemons sliced
- 6 servings carolina mustard sauce
- 3 pounds shrimp raw unpeeled
- 6 cups water
- 2 onions yellow sliced

## Equipment

dutch oven

## Directions

- Bring water, lemons, onions, garlic, and Shrimp-and-Crab Boil Sachet to a boil in a large Dutch oven over medium-high heat; boil 30 minutes.
- Add shrimp; cover and remove from heat.
- Let stand 10 minutes or just until shrimp turn pink. Discard sachet, and serve shrimp boil with Carolina Mustard Sauce.

## Nutrition Facts

 **PROTEIN 65.09%**  **FAT 12.19%**  **CARBS 22.72%**

## Properties

Glycemic Index:19.08, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:19.790434930636%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

## Nutrients (% of daily need)

Calories: 196.4kcal (9.82%), Fat: 2.68g (4.12%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 8.84g (3.21%), Sugar: 2.99g (3.32%), Cholesterol: 285.76mg (95.25%), Sodium: 1353.26mg (58.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.31%), Selenium: 69.39µg (99.12%), Phosphorus: 579.87mg (57.99%), Vitamin B12: 2.52µg (41.96%), Vitamin C: 31.69mg (38.41%), Copper: 0.49mg (24.65%), Vitamin B6: 0.47mg (23.52%), Vitamin B3: 4.17mg (20.84%), Vitamin E: 3.1mg (20.68%), Calcium: 158.66mg (15.87%), Magnesium: 63.27mg (15.82%), Zinc: 2.37mg (15.78%), Folate: 56.61µg (14.15%), Potassium: 396.98mg (11.34%), Fiber: 2.39g (9.56%), Manganese: 0.18mg (8.91%), Vitamin B5: 0.87mg (8.72%), Vitamin A: 428.87IU (8.58%), Vitamin B1: 0.1mg (6.38%), Iron: 1.03mg (5.74%), Vitamin B2: 0.06mg (3.5%), Vitamin K: 2.26µg (2.15%), Vitamin D: 0.23µg (1.51%)