



Boiled Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce boil-in-bag shrimp-and-crab boil
- ☐ 1 large optional: lemon halved
- ☐ 1 small onion
- ☐ 3 tablespoons salt
- ☐ 4 pounds shrimp fresh unpeeled
- ☐ 4 quarts water

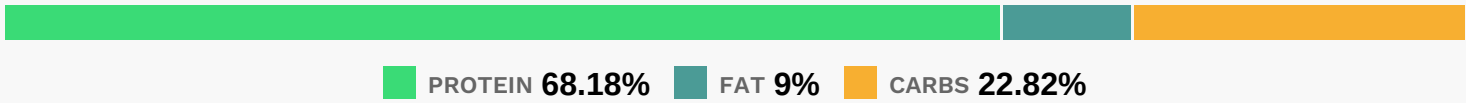
Equipment

- ☐ dutch oven

Directions

- ☐ Bring first 5 ingredients to a boil in a large Dutch oven over high heat. Cover and boil 3 to 4 minutes.
- ☐ Add shrimp; remove from heat. Cover and let stand 10 minutes. (Shrimp will turn pink, and shells will loosen slightly.)
- ☐ Drain, discarding lemon, onion, and boil bags.
- ☐ Note: For testing purposes only, we used Zatarain's Shrimp & Crab Boil.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:23.016956469287%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 265.47kcal (13.27%), Fat: 2.81g (4.32%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 13.09g (4.76%), Sugar: 1.36g (1.51%), Cholesterol: 365.14mg (121.71%), Sodium: 2916.07mg (126.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.87g (95.74%), Vitamin K: 171.28µg (163.12%), Manganese: 1.55mg (77.74%), Copper: 1.15mg (57.61%), Phosphorus: 526.4mg (52.64%), Iron: 8.81mg (48.93%), Calcium: 378.26mg (37.83%), Magnesium: 133.76mg (33.44%), Zinc: 3.78mg (25.22%), Potassium: 776.12mg (22.17%), Vitamin B6: 0.3mg (15.1%), Vitamin C: 10.35mg (12.55%), Fiber: 2.93g (11.72%), Vitamin A: 562.76IU (11.26%), Folate: 32.49µg (8.12%), Vitamin B1: 0.07mg (4.37%), Vitamin B3: 0.66mg (3.28%), Vitamin B2: 0.05mg (2.69%), Selenium: 1.64µg (2.34%), Vitamin E: 0.3mg (2.02%)