



Boiled Shrimp With Rémooulade Sauce and Spicy Cocktail Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



42 min.

SERVINGS



25

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup creole seasoning
- ☐ 25 servings sauce
- ☐ 25 servings sauce
- ☐ 2 large optional: lemon sliced
- ☐ 6 pounds shrimp fresh unpeeled
- ☐ 4 quarts water

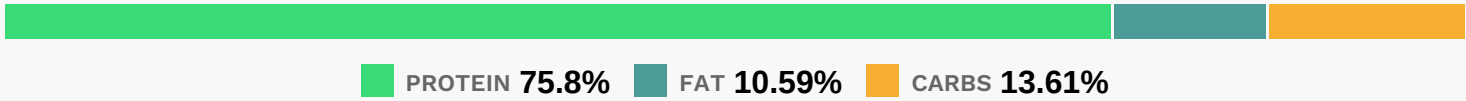
Equipment

☐ pot

Directions

- ☐ Bring first 3 ingredients to a boil in a large stockpot.
- ☐ Add shrimp, and cook 2 minutes or just until shrimp turn pink; drain and rinse with cold water.
- ☐ Peel shrimp, and devein, if desired. Chill until ready to serve.
- ☐ Serve with Rmoulade Sauce and Spicy Cocktail Sauce.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:8.0730434617271%

Flavonoids

Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 112.53kcal (5.63%), Fat: 1.4g (2.15%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.17g (1.3%), Cholesterol: 175.27mg (58.42%), Sodium: 162.71mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.13%), Vitamin A: 1970.79IU (39.42%), Phosphorus: 248.21mg (24.82%), Copper: 0.47mg (23.54%), Magnesium: 47.5mg (11.87%), Potassium: 394.62mg (11.27%), Zinc: 1.6mg (10.64%), Vitamin C: 8.19mg (9.93%), Vitamin E: 1.42mg (9.5%), Calcium: 83.46mg (8.35%), Manganese: 0.13mg (6.66%), Vitamin B6: 0.12mg (6.14%), Fiber: 1.53g (6.12%), Iron: 0.99mg (5.48%), Vitamin K: 3.8µg (3.62%), Vitamin B2: 0.05mg (2.66%), Vitamin B3: 0.42mg (2.1%), Folate: 5.97µg (1.49%), Vitamin B1: 0.02mg (1.27%)