



Boiled Shrimp With Timmy's Shrimp Sauce



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz boil-in-bag shrimp-and-crab boil
- ☐ 0.3 cup liquid shrimp-and-crab boil seasoning
- ☐ 3 ears corn fresh
- ☐ 8 cups ice cubes
- ☐ 2 large lemons quartered
- ☐ 1 large onion quartered
- ☐ 4 pounds shrimp raw unpeeled
- ☐ 3 pounds potatoes red

- ☐ 3 tablespoons salt
- ☐ 10 servings timmy's shrimp sauce

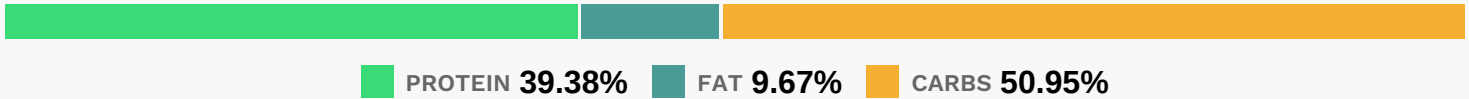
Equipment

- ☐ pot

Directions

- ☐ Cut corn in half.
- ☐ Bring boil-in-bag shrimp-and-crab boil, next 3 ingredients, and 3 1/2 qt. water to a boil in a large stockpot over high heat.
- ☐ Add potatoes and corn. Cover and boil over medium-high heat 20 minutes or until potatoes and corn are tender.
- ☐ Stir in shrimp; remove from heat. Cover and let stand 10 minutes. (Shrimp will turn pink, and shells will loosen slightly.) Stir in ice cubes and salt, and let stand 5 minutes.
- ☐ Drain, discarding boil bag.
- ☐ Serve with Timmy's Shrimp Sauce.
- ☐ *6 (4-inch) ears frozen corn may be substituted. (Do not halve.)
- ☐ Note: For testing purposes only, we used Zatarain's New Orleans Shrimp & Crab Boil and Zatarain's Concentrated Shrimp & Crab Boil seasoning.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:29.120869408483%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 291.89kcal (14.59%), Fat: 3.24g (4.99%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 33.6g (12.22%), Sugar: 4.94g (5.49%), Cholesterol: 230.22mg (76.74%), Sodium: 3162.86mg (137.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.74g (59.47%), Vitamin K: 87.22µg (83.07%), Selenium: 55.45µg (79.22%), Phosphorus: 577.23mg (57.72%), Manganese: 1.02mg (51.16%), Vitamin B6: 0.72mg (35.96%), Vitamin B12: 2.01µg (33.57%), Copper: 0.66mg (33.16%), Vitamin C: 27.33mg (33.12%), Iron: 5.32mg (29.55%), Potassium: 1022mg (29.2%), Vitamin B3: 5.61mg (28.05%), Magnesium: 108.34mg (27.08%), Calcium: 230.94mg (23.09%), Folate: 89.68µg (22.42%), Fiber: 4.87g (19.49%), Zinc: 2.73mg (18.21%), Vitamin E: 2.6mg (17.32%), Vitamin B1: 0.23mg (15.4%), Vitamin A: 661.56IU (13.23%), Vitamin B5: 1.2mg (11.95%), Vitamin B2: 0.11mg (6.6%), Vitamin D: 0.18µg (1.21%)