



## Cajun Boiled Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



14

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



0.5 cup cajun spice



5 Tbsp liquid cajun crab boil



2 pounds peanuts dried raw



0.5 cup salt

### Equipment

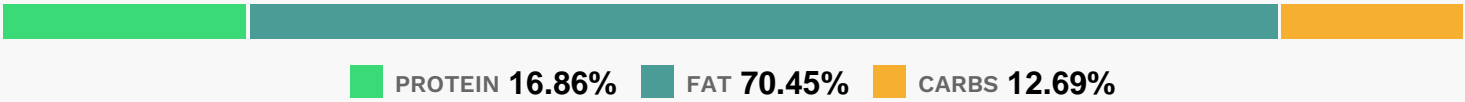


pot

# Directions

- ☐ Place Cajun seasoning in a large stock pot; add peanuts and water to cover. Soak peanuts at least 8 hours or up to 24 hours. (You may need to weigh down peanuts with a large plate or lid to ensure that they are fully submerged.)
- ☐ Drain and rinse.
- ☐ Place peanuts, salt, and crab boil in stock pot with 4 1/2 qt. water; bring to a boil over high heat. Cover, reduce heat to medium-low, and cook 6 hours or until peanuts are tender, adding water as needed to keep peanuts covered; stir occasionally.
- ☐ Remove from heat; let stand 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:2.09, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:21.836521749911%

## Nutrients (% of daily need)

Calories: 384.62kcal (19.23%), Fat: 32.74g (50.38%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 5.61g (2.04%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 4059.17mg (176.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Manganese: 1.88mg (94.02%), Vitamin B3: 10.75mg (53.75%), Folate: 159.38µg (39.84%), Vitamin A: 1937.4IU (38.75%), Magnesium: 131.99mg (33%), Copper: 0.63mg (31.29%), Fiber: 7.66g (30.65%), Vitamin B1: 0.45mg (30.26%), Phosphorus: 265.97mg (26.6%), Iron: 3.89mg (21.6%), Potassium: 580.65mg (16.59%), Vitamin B6: 0.33mg (16.35%), Vitamin K: 14.6µg (13.91%), Vitamin B5: 1.24mg (12.43%), Zinc: 1.6mg (10.64%), Calcium: 94.25mg (9.43%), Vitamin B2: 0.14mg (8.1%), Vitamin E: 1.14mg (7.61%), Selenium: 5.02µg (7.17%)