



Cajun Shrimp Potato Salad

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

READY IN



103 min.

SERVINGS



12

CALORIES



524 kcal

SIDE DISH

Ingredients

- 5 pounds baby potatoes red
- 1.5 cups celery finely chopped
- 0.3 cup shrimp-and-crab boil seasoning dry
- 0.3 cup dijon mustard
- 1.5 tablespoons creole seasoning
- 1 cup green onions finely chopped
- 12 hard-cooked eggs peeled chopped
- 2 cups mayonnaise

1 pound shrimp cooked peeled ()

Equipment

pot

Directions

Bring potatoes, shrimp-and-crab boil, and 4 qt. water to a boil in a large stockpot over high heat. Boil 20 minutes or until tender; drain and cool 20 minutes.

Peel potatoes; cut into 3/4-inch pieces. Toss together potatoes, eggs, and next 3 ingredients; stir in mayonnaise and mustard. Stir in shrimp.

Note: We tested with Zatarain's Pro Boil and Tony Chachere's Creole Seasoning.

Nutrition Facts



PROTEIN 14.26% **FAT 58.12%** **CARBS 27.62%**

Properties

Glycemic Index:21.81, Glycemic Load:24.54, Inflammation Score:-7, Nutrition Score:22.148261236108%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 524.14kcal (26.21%), Fat: 34.08g (52.43%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 31.25g (11.36%), Sugar: 2.82g (3.13%), Cholesterol: 263.04mg (87.68%), Sodium: 443.49mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.62%), Vitamin K: 97.89µg (93.23%), Vitamin C: 39.87mg (48.33%), Vitamin B6: 0.67mg (33.74%), Potassium: 1054.7mg (30.13%), Phosphorus: 300.37mg (30.04%), Selenium: 19.44µg (27.77%), Manganese: 0.48mg (24.25%), Fiber: 5.21g (20.84%), Vitamin B2: 0.35mg (20.65%), Copper: 0.4mg (19.83%), Magnesium: 72.66mg (18.17%), Iron: 3.17mg (17.59%), Folate: 67.14µg (16.79%), Vitamin A: 731.17IU (14.62%), Vitamin B1: 0.21mg (14.28%), Vitamin B5: 1.38mg (13.81%), Vitamin E: 2.07mg (13.79%), Zinc: 1.79mg (11.93%), Vitamin B3: 2.24mg (11.22%), Calcium: 105.72mg (10.57%), Vitamin B12: 0.6µg (10%), Vitamin D: 1.17µg (7.83%)