



Dave's Low Country Boil



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



569 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 pounds surimi crab sticks whole
- ☐ 8 ears corn fresh
- ☐ 5 pounds new potatoes
- ☐ 48 ounce kielbasa sausage cooked cut into 1 inch pieces
- ☐ 1 tablespoon seafood seasoning to taste old bay® (such as)
- ☐ 4 pounds shrimp fresh deveined peeled

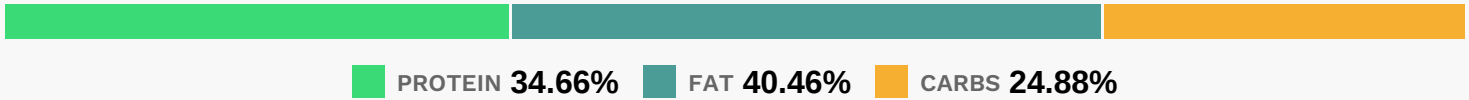
Equipment

- ☐ pot

Directions

- ☐ Heat a large pot of water over an outdoor cooker, or medium-high heat indoors.
- ☐ Add Old Bay Seasoning to taste, and bring to a boil.
- ☐ Add potatoes, and sausage, and cook for about 10 minutes.
- ☐ Add the corn and crab; cook for another 5 minutes, then add the shrimp when everything else is almost done, and cook for another 3 or 4 minutes.
- ☐ Drain off the water and pour the contents out onto a picnic table covered with newspaper. Grab a paper plate and a beer and enjoy!

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:19.34, Inflammation Score:-5, Nutrition Score:26.032174006752%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 568.87kcal (28.44%), Fat: 25.72g (39.56%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 31.25g (11.36%), Sugar: 4.19g (4.66%), Cholesterol: 275.94mg (91.98%), Sodium: 1053.26mg (45.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.56g (99.13%), Vitamin B12: 4.17µg (69.55%), Phosphorus: 593.46mg (59.35%), Copper: 1.07mg (53.64%), Vitamin C: 36.36mg (44.08%), Zinc: 6.51mg (43.37%), Vitamin B6: 0.83mg (41.42%), Potassium: 1389.39mg (39.7%), Vitamin B3: 7.13mg (35.67%), Magnesium: 126.69mg (31.67%), Vitamin B1: 0.46mg (30.79%), Selenium: 14.52µg (20.74%), Manganese: 0.39mg (19.28%), Iron: 3.38mg (18.79%), Fiber: 4.32g (17.27%), Folate: 62.26µg (15.56%), Vitamin B5: 1.53mg (15.33%), Calcium: 124.73mg (12.47%), Vitamin B2: 0.2mg (11.9%), Vitamin D: 1.18µg (7.86%), Vitamin K: 5.53µg (5.26%), Vitamin A: 176.91IU (3.54%), Vitamin E: 0.22mg (1.5%)