



Frogmore Stew



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ears corn fresh halved
- ☐ 12 servings cocktail sauce
- ☐ 0.3 cup old bay seasoning
- ☐ 12 servings old bay seasoning
- ☐ 4 pounds potatoes red
- ☐ 2 pounds link sausage smoked hot cut into 1 1/2-inch pieces
- ☐ 4 pounds shrimp fresh unpeeled
- ☐ 5 quarts water

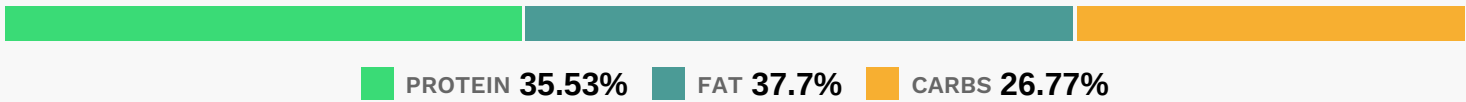
Equipment

☐ pot

Directions

- ☐ Bring 5 quarts water and 1/4 cup Old Bay seasoning to a rolling boil in a large covered stockpot.
- ☐ Add potatoes; return to a boil, and cook, uncovered, 10 minutes.
- ☐ Add sausage and corn, and return to a boil. Cook 10 minutes or until potatoes are tender.
- ☐ Add shrimp to stockpot; cook 3 to 4 minutes or until shrimp turn pink.
- ☐ Drain.
- ☐ Serve with Old Bay seasoning and cocktail sauce.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:21.314347982407%

Flavonoids

Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 514.71kcal (25.74%), Fat: 21.91g (33.7%), Saturated Fat: 7.12g (44.47%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 31.15g (11.33%), Sugar: 5.11g (5.67%), Cholesterol: 297.86mg (99.29%), Sodium: 727.35mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.47g (92.94%), Phosphorus: 563.82mg (56.38%), Copper: 0.96mg (48.01%), Potassium: 1419.75mg (40.56%), Magnesium: 125.11mg (31.28%), Vitamin K: 32.68µg (31.12%), Vitamin B3: 6.19mg (30.96%), Zinc: 4.52mg (30.14%), Manganese: 0.58mg (28.87%), Vitamin B6: 0.58mg (28.79%), Vitamin B1: 0.41mg (27.28%), Iron: 4.18mg (23.24%), Vitamin C: 17.01mg (20.61%), Calcium: 165.86mg (16.59%), Fiber: 3.86g (15.44%), Folate: 51.64µg (12.91%), Vitamin B5: 1.25mg (12.52%), Vitamin B12: 0.64µg (10.71%), Vitamin B2: 0.17mg (10.03%), Vitamin D: 0.98µg (6.55%), Vitamin A: 242.46IU (4.85%), Selenium: 1.27µg (1.82%), Vitamin E: 0.24mg (1.57%)