



## Layered Shrimp Boil Salad



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



7

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.3 cup crab boil seasoning
- ☐ 0.3 cup salt
- ☐ 1.5 lb baby potatoes red (smallest possible)
- ☐ 2 lb shrimp deveined uncooked peeled
- ☐ 12 oz kielbasa
- ☐ 33 oz corn sweet whole undrained canned
- ☐ 4 cups coleslaw mix shredded
- ☐ 0.5 cup the dressing sweet

- ☐ 1 cup spring onion thinly sliced
- ☐ 1 cup fruit cocktail

## Equipment

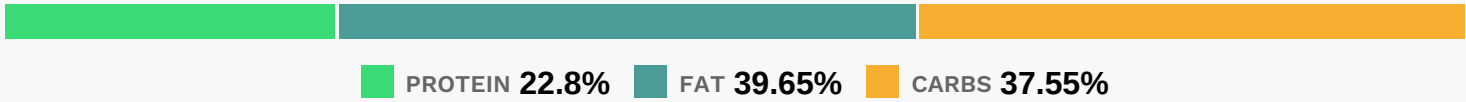
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ skewers
- ☐ slotted spoon

## Directions

- ☐ In large stockpot, heat 6 quarts water to boiling.
- ☐ Add boil seasoning mix and salt; return to boiling.
- ☐ Add potatoes; cook 20 to 30 minutes (depending on size of potatoes) or until fully cooked and skewer inserted in center of largest potato comes out clean. Use slotted spoon to remove potatoes to bowl.
- ☐ Add shrimp to water; return to boiling and cook about 3 minutes or until bright pink and cooked throughout.
- ☐ Drain shrimp; cool.
- ☐ Meanwhile, spray 10-inch skillet with cooking spray.
- ☐ Heat skillet over medium-high heat. Cook sausage in skillet 2 to 4 minutes on each side or until browned.
- ☐ Transfer sausage to plate to cool, then spray pan again and add corn to pan. Cook 5 to 7 minutes or until browned.
- ☐ Remove from heat.
- ☐ In large bowl, mix coleslaw mix with dressing, tossing to coat. Refrigerate all ingredients until cool, about 1 hour.
- ☐ In 3 1/2-quart trifle bowl or glass bowl, layer the salad.
- ☐ Place potatoes on bottom, then gently place cabbage over potatoes, keeping sides of bowl clean.

- ☐ Add sausage, corn, shrimp and scallions.
- ☐ Serve with cocktail sauce.

# Nutrition Facts



## Properties

Glycemic Index:34.68, Glycemic Load:16.1, Inflammation Score:-7, Nutrition Score:28.064782738686%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## Nutrients (% of daily need)

Calories: 538.28kcal (26.91%), Fat: 23.71g (36.47%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 46.38g (16.87%), Sugar: 11.05g (12.28%), Cholesterol: 204.63mg (68.21%), Sodium: 5588.86mg (242.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Vitamin K: 95.04µg (90.52%), Selenium: 48.68µg (69.54%), Phosphorus: 523.78mg (52.38%), Vitamin C: 40.3mg (48.84%), Vitamin B6: 0.7mg (34.9%), Vitamin B12: 1.93µg (32.18%), Vitamin B3: 6.43mg (32.15%), Manganese: 0.62mg (31.19%), Potassium: 988.24mg (28.24%), Vitamin B1: 0.42mg (27.92%), Folate: 111.45µg (27.86%), Copper: 0.5mg (24.85%), Magnesium: 88mg (22%), Zinc: 3.13mg (20.85%), Iron: 3.5mg (19.44%), Vitamin E: 2.61mg (17.43%), Fiber: 4.14g (16.55%), Calcium: 147.52mg (14.75%), Vitamin A: 565.81IU (11.32%), Vitamin B2: 0.19mg (11.24%), Vitamin B5: 1.05mg (10.48%)