



Low-Country Boil

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

READY IN



50 min.

SERVINGS



10

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup concentrated shrimp and crab boil seasoning louisiana-style (such as Zatarain's)
- 2.5 pounds cured smoked cut into 3-inch pieces
- 8 ears of corn cut in half
- 2 medium to 3 onions sweet such as vidalia, peeled and quartered if large
- 4 pounds potatoes red
- 4 pounds shrimp

Equipment

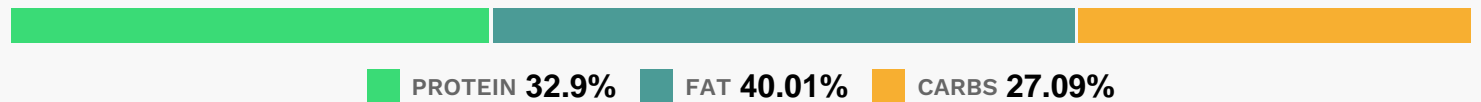
- pot

colander

Directions

- Watch how to make this recipe.
- Fill a 7-gallon stockpot halfway with water (or use 2 large pots and divide the ingredients between them).
- Add the seasoning and bring to a rolling boil.
- Add the whole potatoes to the pot. Allow the water to return to a boil and cook 5 minutes.
- Add the onions and sausage. Bring the water back to a boil and cook 15 minutes.
- Add the corn, bring the water back to a boil and cook 10 minutes, or until the potatoes are done.
- Add the shrimp, bring the water back to a boil and cook until the shrimp turn pink, about 3 minutes.
- Drain through a colander; discard the liquid.
- Serve on newspaper or a platter.
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:28.444347630376%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 10.79mg, Quercetin: 10.79mg, Quercetin: 10.79mg, Quercetin: 10.79mg

Nutrients (% of daily need)

Calories: 719.81kcal (35.99%), Fat: 32.55g (50.08%), Saturated Fat: 10.57g (66.07%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 44.09g (16.03%), Sugar: 10.28g (11.42%), Cholesterol: 373.76mg (124.59%), Sodium: 986.82mg (42.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.23g (120.46%), Phosphorus: 739.98mg

(74%), Copper: 1.13mg (56.64%), Potassium: 1882.88mg (53.8%), Vitamin B3: 8.88mg (44.42%), Vitamin B6: 0.85mg (42.73%), Vitamin B1: 0.61mg (40.45%), Zinc: 6.02mg (40.12%), Magnesium: 159.73mg (39.93%), Manganese: 0.73mg (36.45%), Vitamin K: 34.32µg (32.68%), Vitamin C: 24.89mg (30.17%), Iron: 5.31mg (29.49%), Fiber: 5.52g (22.06%), Folate: 84.09µg (21.02%), Calcium: 194.01mg (19.4%), Vitamin B5: 1.85mg (18.48%), Vitamin B12: 0.96µg (16.06%), Vitamin B2: 0.25mg (14.95%), Vitamin D: 1.47µg (9.83%), Vitamin A: 325.17IU (6.5%), Selenium: 1.92µg (2.75%), Vitamin E: 0.34mg (2.29%)