



Low-Country Boil

READY IN



5 min.

SERVINGS



6

CALORIES



592 kcal

Ingredients

- ☐ 3 ounce zatarains crab boil in bag available at most supermarkets
- ☐ 6 ears corn cut into thirds
- ☐ 1 head garlic halved
- ☐ 2 medium pasilla peppers green cut into strips
- ☐ 1.5 pounds kielbasa sausage cut into 1-inch pieces
- ☐ 1.5 pounds shrimp shelled deveined
- ☐ 2 medium onions white cut into eighths

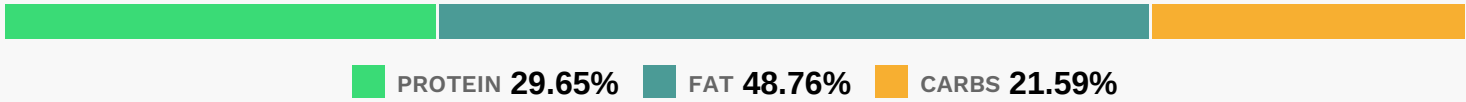
Equipment

- ☐ pot

Directions

- ☐ Fill a stockpot halfway with water.
- ☐ Add the Zatarains, onions, and garlic and bring to a boil.
- ☐ Add the sausage and simmer over medium-high heat for 5 minutes.
- ☐ Add the peppers and corn, bring back to a boil, and add the shrimp. Cook until the shrimp are pink, about 3 to 4 minutes. Strain.
- ☐ Serve with cocktail sauce, saltines, bread, and salad.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:30.556956560715%

Flavonoids

Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 591.59kcal (29.58%), Fat: 33.07g (50.88%), Saturated Fat: 10.89g (68.07%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 28.14g (10.23%), Sugar: 8.62g (9.58%), Cholesterol: 264.22mg (88.07%), Sodium: 876.93mg (38.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.25g (90.5%), Vitamin K: 118.05µg (112.43%), Manganese: 1.34mg (66.77%), Vitamin C: 44.68mg (54.15%), Phosphorus: 525.8mg (52.58%), Iron: 7.61mg (42.28%), Vitamin B6: 0.81mg (40.43%), Vitamin B3: 7.61mg (38.06%), Copper: 0.74mg (37.04%), Vitamin B1: 0.54mg (35.84%), Zinc: 5.01mg (33.38%), Magnesium: 129.42mg (32.35%), Potassium: 1062.22mg (30.35%), Calcium: 246.61mg (24.66%), Fiber: 4.8g (19.19%), Folate: 69.57µg (17.39%), Vitamin B12: 0.96µg (16.06%), Vitamin A: 774.35IU (15.49%), Vitamin B5: 1.52mg (15.18%), Vitamin B2: 0.24mg (14.18%), Vitamin D: 1.47µg (9.83%), Vitamin E: 0.62mg (4.16%), Selenium: 2.41µg (3.44%)