

# Lowcountry Boil

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 ears corn fresh yellow halved
- 0.3 cup parsley fresh chopped
- 1 head garlic separated peeled
- 0.3 cup old bay seasoning
- 0.5 teaspoon pepper freshly ground
- 1 pound round potatoes red
- 0.5 teaspoon salt
- 1 pound shrimp fresh unpeeled

- 0.5 pound sausage smoked cut into 2-inch pieces reduced-fat
- 9 cups water

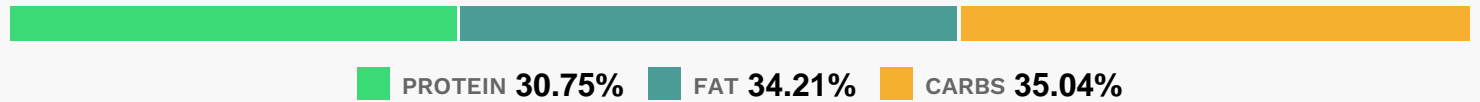
## Equipment

- slotted spoon
- dutch oven

## Directions

- Combine first 4 ingredients in a large Dutch oven; bring to a boil. Cook, uncovered, 16 minutes.
- Add corn and sausage; cook 5 minutes.
- Add shrimp; cook 3 minutes. Using a slotted spoon, remove vegetables, sausage, and shrimp to a serving platter; discard cooking liquid.
- Sprinkle vegetables, sausage, and shrimp with salt, pepper, and parsley; toss well.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:25.133478387542%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 444.4kcal (22.22%), Fat: 17.52g (26.96%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 35.71g (12.99%), Sugar: 7.32g (8.13%), Cholesterol: 222.83mg (74.28%), Sodium: 971.38mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.43g (70.87%), Vitamin K: 112.8µg (107.43%), Manganese: 0.95mg (47.7%), Phosphorus: 465.42mg (46.54%), Copper: 0.82mg (41.12%), Potassium: 1232.1mg (35.2%), Magnesium: 126.09mg (31.52%), Iron: 4.8mg (26.67%), Vitamin B1: 0.4mg (26.54%), Vitamin C: 21.56mg (26.13%), Zinc: 3.79mg (25.27%), Vitamin B3: 4.95mg (24.77%), Vitamin B6: 0.45mg (22.75%), Fiber: 4.66g (18.63%), Folate: 74.33µg (18.58%), Calcium: 171.8mg (17.18%), Vitamin B12: 0.86µg (14.27%), Vitamin A: 647.44IU (12.95%), Selenium: 8.99µg (12.84%), Vitamin B5: 1.23mg (12.31%), Vitamin B2: 0.2mg (11.58%), Vitamin D: 0.62µg (4.16%),

Vitamin E: 0.2mg (1.36%)