



## Lowcountry Boil in a Bowl

 Gluten Free

READY IN



54 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounces bacon chopped ( 8 slices)
- ☐ 2 tablespoons butter
- ☐ 0.5 chipotles in adobo canned minced
- ☐ 1.5 cups ears corn fresh
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 1 onion chopped
- ☐ 8 servings parsley fresh

- ☐ 1 bell pepper red chopped
- ☐ 1 teaspoon seafood seasoning
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 6 cups vegetable stock
- ☐ 1.5 pounds yukon gold potatoes cubed ( 4 medium)

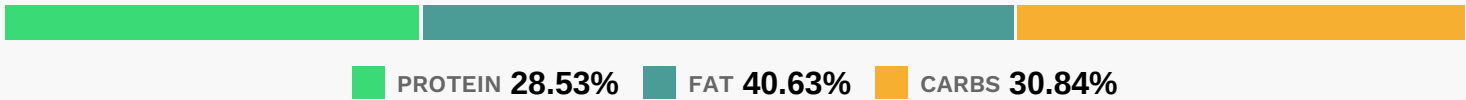
## Equipment

- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Cook bacon in a large (8-quart) soup pot over medium heat, stirring occasionally, until crisp.
- ☐ Remove bacon from pot with a slotted spoon, reserving 1 teaspoon drippings in pot; set bacon aside.
- ☐ Add butter to bacon drippings in pot, and melt butter over medium heat.
- ☐ Add onion and next 4 ingredients; cook 10 minutes, stirring frequently.
- ☐ Stir in broth, potatoes, and chile. Bring to a boil; reduce heat, and simmer 20 minutes or until potatoes are tender. Stir in corn and shrimp; cook 3 minutes or until shrimp are just cooked through. Stir in reserved bacon. Adjust seasonings, if necessary.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:41.47, Glycemic Load:12.52, Inflammation Score:-8, Nutrition Score:16.928260803223%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.45mg, Quercetin:

3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 327.48kcal (16.37%), Fat: 15.09g (23.21%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 22.5g (8.18%), Sugar: 5.19g (5.77%), Cholesterol: 163.16mg (54.39%), Sodium: 1029.25mg (44.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.67%), Vitamin K: 70.56µg (67.2%), Vitamin C: 44.36mg (53.77%), Phosphorus: 308.86mg (30.89%), Vitamin A: 1336.29IU (26.73%), Copper: 0.47mg (23.6%), Potassium: 794.46mg (22.7%), Vitamin B6: 0.43mg (21.63%), Magnesium: 69.07mg (17.27%), Manganese: 0.3mg (14.92%), Vitamin B1: 0.21mg (13.96%), Vitamin B3: 2.75mg (13.75%), Zinc: 1.97mg (13.17%), Fiber: 3.27g (13.08%), Folate: 41.07µg (10.27%), Iron: 1.85mg (10.26%), Selenium: 6.42µg (9.18%), Calcium: 82.24mg (8.22%), Vitamin B5: 0.7mg (6.96%), Vitamin B2: 0.09mg (5.21%), Vitamin E: 0.5mg (3.36%), Vitamin B12: 0.15µg (2.46%)