



Peel-and-Eat Shrimp With Dipping Sauces



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



90 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings sauce
- ☐ 12 servings sauce
- ☐ 1 slices lemon wedges fresh
- ☐ 0.3 cup old bay seasoning
- ☐ 3 pounds shrimp raw unpeeled ()
- ☐ 12 servings tartar sauce

Equipment

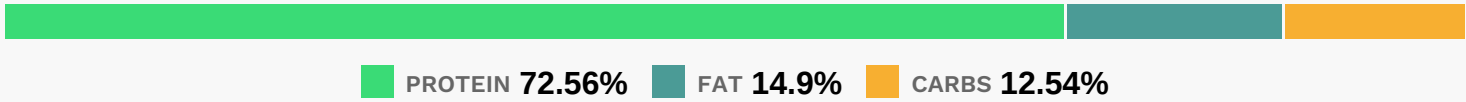
- ☐ bowl

☐ dutch oven

Directions

- ☐ Combine 9 cups water and Old Bay seasoning in a Dutch oven. Bring to a boil; add shrimp. Cover, remove from heat, and let stand 15 to 20 minutes or just until shrimp turn pink.
- ☐ Drain well; garnish, if desired.
- ☐ Serve immediately with sauces.
- ☐ Chilled Peel-and-Eat Shrimp With Dipping Sauces: Prepare recipe as directed.
- ☐ Place cooked shrimp in a glass bowl. Cover and chill 2 to 24 hours.
- ☐ Serve with sauces. Prep: 10 min., Cook: 5 min., Chill: 2 hr.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.9913043703722%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 89.56kcal (4.48%), Fat: 1.42g (2.19%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.55g (0.61%), Cholesterol: 142.95mg (47.65%), Sodium: 672.9mg (29.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Selenium: 33.68µg (48.11%), Phosphorus: 279.37mg (27.94%), Vitamin B12: 1.26µg (20.98%), Vitamin K: 12.59µg (11.99%), Copper: 0.22mg (10.95%), Vitamin B3: 2.06mg (10.3%), Vitamin E: 1.53mg (10.22%), Vitamin B6: 0.2mg (10.12%), Zinc: 1.15mg (7.65%), Calcium: 76.04mg (7.6%), Magnesium: 28.28mg (7.07%), Manganese: 0.13mg (6.7%), Folate: 23.62µg (5.9%), Vitamin A: 244.17IU (4.88%), Iron: 0.76mg (4.2%), Potassium: 138.91mg (3.97%), Vitamin B5: 0.35mg (3.52%), Vitamin B1: 0.03mg (1.78%), Vitamin B2: 0.02mg (1.18%)