

health-score53%

HEALTH SCORE

Seafood Boil

☒ Gluten Free

READY IN

ready

100 min.

SERVINGS

servings

4

CALORIES

calories

653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium artichokes no need to trim
- ☐ 2 bay leaves
- ☐ 2 tablespoons peppercorns black
- ☐ 12 clams fresh
- ☐ 2 tablespoons coriander seeds
- ☐ 0.3 cup fennel seed
- ☐ 1 head garlic sliced
- ☐ 1 pound shrimp in the shell

- ☐ 2 lemons halved
- ☐ 3 pound lobsters
- ☐ 2 onions unpeeled
- ☐ 4 servings pepper sauce hot
- ☐ 8 small potatoes boiling
- ☐ 1 tablespoon pepper flakes red
- ☐ 0.5 cup sea salt
- ☐ 4 servings sea salt
- ☐ 4 servings butter unsalted melted
- ☐ 6 quarts water
- ☐ 1 cup cooking wine dry

Equipment

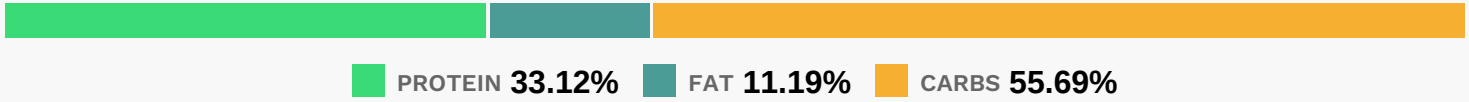
- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ cheesecloth

Directions

- ☐ Combine the fennel seed, peppercorns, coriander seed, red pepper flakes, and bay leaves and tie in a cheesecloth bag.
- ☐ Put the bag in a large pot with the water, the lemon halves, the garlic, the wine, and the salt. Cover and bring to a simmer, then simmer for 10 minutes.
- ☐ Add the potatoes, onions and artichokes and simmer gently, covered, until they are tender. As they are done, remove them to a serving platter. The potatoes may take 20 minutes or more; the onions and artichokes will take 30 to 40 minutes.
- ☐ After you have removed all the vegetables, add the lobsters. Cook just until they turn pink, about 15 minutes.
- ☐ Remove them with a slotted spoon to the serving platter. Then add the shrimp and clams and cook until the shrimp turn pink and begin to curl and the clams open fully, about 5 minutes.

- ☐
- Cut the onions in half.
- ☐
- Cut the artichokes in half and scoop out and discard the chokes.
- ☐
- Serve the shrimp, potatoes, onions, and artichokes with shallow bowls of melted butter, sea salt and the Fennel Spice Rub for dipping, and with jars of hot sauce.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:51.626956193343%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 16.3mg, Naringenin: 16.3mg, Naringenin: 16.3mg, Naringenin: 16.3mg Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg Luteolin: 3.98mg, Luteolin: 3.98mg, Luteolin: 3.98mg, Luteolin: 3.98mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 14.11mg, Quercetin: 14.11mg, Quercetin: 14.11mg, Quercetin: 14.11mg

Nutrients (% of daily need)

Calories: 652.7kcal (32.63%), Fat: 8.08g (12.43%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 90.47g (30.16%), Net Carbohydrates: 69.88g (25.41%), Sugar: 10.06g (11.18%), Cholesterol: 316.18mg (105.39%), Sodium: 15184.76mg (660.21%), Alcohol: 6.24g (100%), Alcohol %: 0.34% (100%), Protein: 53.81g (107.61%), Copper: 2.96mg (148.05%), Manganese: 2.32mg (115.9%), Vitamin C: 80.93mg (98.1%), Selenium: 67.47µg (96.38%), Potassium: 2994.77mg (85.56%), Phosphorus: 831.8mg (83.18%), Fiber: 20.6g (82.39%), Magnesium: 303.5mg (75.88%), Vitamin B6: 1.14mg (56.96%), Zinc: 7.61mg (50.73%), Iron: 8.29mg (46.06%), Calcium: 457.86mg (45.79%), Folate: 176.94µg (44.23%), Vitamin B3: 7.74mg (38.72%), Vitamin K: 39.81µg (37.91%), Vitamin B1: 0.49mg (32.77%), Vitamin B12: 1.91µg (31.85%), Vitamin B5: 3.1mg (30.98%), Vitamin B2: 0.31mg (18.25%), Vitamin A: 833.08IU (16.66%), Vitamin E: 2.18mg (14.52%)