



Shrimp-and-Crab Boil Sachets



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bay leaves crushed
- ☐ 3 tablespoons peppercorns black
- ☐ 1 tablespoon celery seeds
- ☐ 3 tablespoons coriander seeds
- ☐ 1 tablespoon dill seeds
- ☐ 4 garlic bulbs
- ☐ 0.3 cup kosher salt
- ☐ 6 lemons

- ☐ 2 tablespoons mustard seeds
- ☐ 2 tablespoons pepper dried red crushed
- ☐ 16 inch triple layers of cheesecloth
- ☐ 4 onions yellow

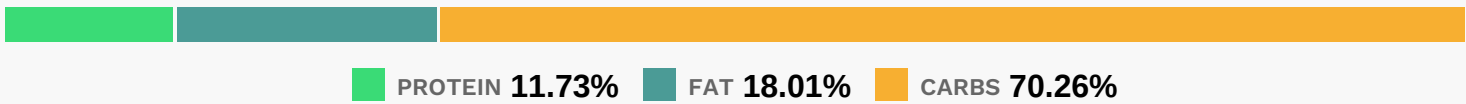
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Place cheesecloth on a flat surface.
- ☐ Heat peppercorns, coriander seeds, dried crushed red pepper, mustard seeds, dill seeds, celery seeds, and crushed bay leaves in a hot skillet over medium-high heat, stirring constantly, 1 to 2 minutes or until fragrant. Cool 10 minutes. Stir in kosher salt. Divide mixture between 2 cheesecloth stacks. Gather edges of cheesecloth together; tie with kitchen string. Store at room temperature up to 2 weeks. For gifting, package each sachet with 3 lemons, 2 yellow onions, and 2 garlic bulbs.
- ☐ TO MAKE BOILED SHRIMP: Bring 6 cups water; 3 lemons, sliced; 2 yellow onions, sliced; 2 garlic bulbs, and 1 Shrimp-and-Crab Boil Sachet to a boil in a large Dutch oven over medium-high heat; boil 30 minutes.
- ☐ Add 3 lb. unpeeled, large raw shrimp; cover and remove from heat.
- ☐ Let stand 10 minutes or just until shrimp turn pink. Discard sachet, and serve shrimp boil with Carolina Mustard Sauce. Makes 6 servings. Hands-on 15 min.; Total 1 hour, 5 min.

Nutrition Facts



Properties

Glycemic Index:22.9, Glycemic Load:4.94, Inflammation Score:-9, Nutrition Score:18.526521765667%

Flavonoids

Eriodictyol: 27.68mg, Eriodictyol: 27.68mg, Eriodictyol: 27.68mg, Eriodictyol: 27.68mg Hesperetin: 36.16mg, Hesperetin: 36.16mg, Hesperetin: 36.16mg, Hesperetin: 36.16mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg Luteolin: 11.63mg, Luteolin: 11.63mg, Luteolin: 11.63mg, Luteolin: 11.63mg Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 19.38mg, Quercetin: 19.38mg, Quercetin: 19.38mg, Quercetin: 19.38mg

Nutrients (% of daily need)

Calories: 165.69kcal (8.28%), Fat: 3.79g (5.84%), Saturated Fat: 0.42g (2.59%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 23.26g (8.46%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 5723.34mg (248.84%), Alcohol: 2.11g (100%), Alcohol %: 1.02% (100%), Protein: 5.56g (11.12%), Vitamin C: 77.42mg (93.85%), Manganese: 1.31mg (65.64%), Fiber: 10.04g (40.15%), Iron: 3.87mg (21.49%), Vitamin A: 1018.51IU (20.37%), Selenium: 12.53µg (17.91%), Vitamin B6: 0.36mg (17.8%), Magnesium: 70.1mg (17.52%), Calcium: 173.69mg (17.37%), Potassium: 565.95mg (16.17%), Copper: 0.29mg (14.67%), Vitamin K: 13.83µg (13.18%), Phosphorus: 128.49mg (12.85%), Vitamin E: 1.73mg (11.55%), Vitamin B1: 0.16mg (10.94%), Folate: 40.45µg (10.11%), Vitamin B2: 0.12mg (7.17%), Zinc: 1.04mg (6.96%), Vitamin B3: 1.05mg (5.24%), Vitamin B5: 0.52mg (5.17%)