



Shrimp Boil

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 teaspoon peppercorns black
- 0.5 teaspoon ground pepper
- 1 tablespoon coriander seeds
- 2 teaspoons dill seed
- 1 head garlic halved
- 2 tablespoons kosher salt
- 1 optional: lemon halved

- 2 onion halved
- 5 dashes hot sauce hot ()
- 1 teaspoon pepper red crushed
- 1.5 pounds shrimp unpeeled (30)
- 2 teaspoons allspice whole
- 4 teaspoons mustard seeds yellow

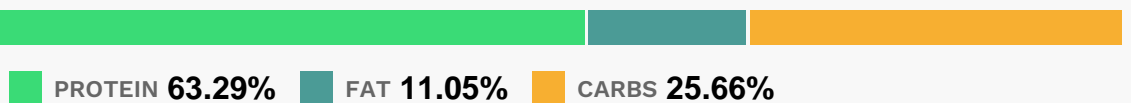
Equipment

- pot
- slotted spoon

Directions

- Combine first 12 ingredients and 8 cups water in a large pot; bring to a boil. Reduce heat to medium and simmer 20 minutes. Squeeze in juice from lemon; add lemon to pot.
- Add hot sauce and shrimp. Simmer, stirring occasionally, until shrimp are just cooked through, about 3 minutes.
- Turn off heat, add 4 cups ice cubes, and steep for 5 minutes.
- Remove shrimp with a slotted spoon and place on a newspaper-lined baking sheet.
- Serve with additional hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:2.58, Inflammation Score:-6, Nutrition Score:13.294347939284%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg

0.38mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 11.59mg, Quercetin: 11.59mg, Quercetin: 11.59mg

Nutrients (% of daily need)

Calories: 218.71kcal (10.94%), Fat: 2.87g (4.42%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 10.99g (4%), Sugar: 3.35g (3.72%), Cholesterol: 273.86mg (91.29%), Sodium: 3709.32mg (161.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.02%), Phosphorus: 434.7mg (43.47%), Copper: 0.79mg (39.72%), Manganese: 0.61mg (30.51%), Vitamin C: 22.55mg (27.33%), Magnesium: 93.38mg (23.34%), Potassium: 701.55mg (20.04%), Calcium: 199.94mg (19.99%), Zinc: 2.84mg (18.96%), Fiber: 4.02g (16.09%), Iron: 2.38mg (13.23%), Selenium: 8.33µg (11.9%), Vitamin B6: 0.22mg (10.77%), Vitamin B1: 0.09mg (5.83%), Vitamin A: 285.6IU (5.71%), Folate: 20.22µg (5.05%), Vitamin E: 0.49mg (3.24%), Vitamin B2: 0.05mg (3.14%), Vitamin K: 3.03µg (2.89%), Vitamin B3: 0.5mg (2.51%), Vitamin B5: 0.2mg (2.05%)