

Shrimp Boil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 6 cloves garlic peeled
- ☐ 0.5 optional: lemon cut into 4 wedges
- ☐ 0.3 cup old bay seasoning
- ☐ 1 onion
- ☐ 1 pound potatoes boiling quartered (3)
- ☐ 2 teaspoons salt
- ☐ 1.5 pounds shrimp

- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 4 quarts water

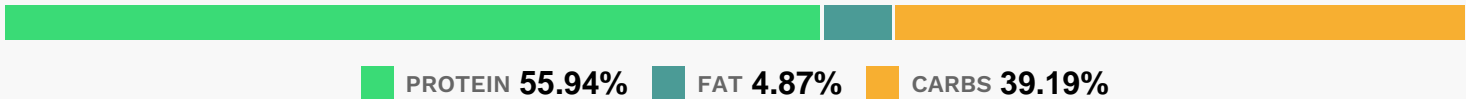
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, bring the water, garlic, lemon, Old Bay Seasoning, cloves, bay leaves, salt, and Tabasco sauce to a boil. Reduce the heat and simmer for 10 minutes.
- ☐ Add the potatoes and onion and simmer until both are tender, about 15 minutes.
- ☐ Add the shrimp to the pot and bring back to a boil. Simmer until the shrimp are just done, about 1 minute. Using a slotted spoon, put the shrimp, onion, and potatoes onto a large, deep platter or into individual shallow bowls. Ladle some of the liquid over all.
- ☐ Old Bay Seasoning: An unlikely combination that nevertheless tastes great with shellfish such as shrimp and crab, Old Bay Seasoning is a hot spice blend of celery salt, mustard, red pepper, black pepper, bay leaves, cloves, allspice, ginger, mace, cardamom, cinnamon, and paprika. It's sold in most supermarkets, but if you prefer to mix your own, start with the list above and combine them in amounts that suit your taste.
- ☐ Wine Recommendation: The wine to best accompany this dish will be one that accommodates the intense flavors of the food rather than contributing distinctive flavors of its own. Verdicchio, an Italian white that's terrific with fish, will do just that.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:16.502608752769%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 259.22kcal (12.96%), Fat: 1.45g (2.23%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 22.89g (8.32%), Sugar: 3.15g (3.5%), Cholesterol: 273.86mg (91.29%), Sodium: 1449.43mg (63.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.5g (74.99%), Copper: 1.04mg (51.79%), Phosphorus: 457.79mg (45.78%), Vitamin K: 38.72µg (36.88%), Manganese: 0.64mg (31.91%), Potassium: 1072.99mg (30.66%), Magnesium: 108.82mg (27.2%), Vitamin C: 21.27mg (25.78%), Calcium: 211.32mg (21.13%), Zinc: 3mg (19.99%), Iron: 3.51mg (19.48%), Vitamin B6: 0.35mg (17.59%), Fiber: 3.38g (13.51%), Vitamin B1: 0.13mg (8.71%), Folate: 33.41µg (8.35%), Vitamin B3: 1.51mg (7.56%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.06mg (3.48%), Vitamin A: 130.92IU (2.62%), Selenium: 1.72µg (2.45%)