



Shrimp Boil



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 12 ounce beer
- ☐ 4 ears corn fresh halved
- ☐ 8 servings baguette french melted
- ☐ 2 garlic bulbs halved
- ☐ 2 onions quartered
- ☐ 1 pound potatoes red
- ☐ 1 tablespoon salt

- ☐ 1.5 ounce seafood boil seasoning
- ☐ 2 pounds shrimp
- ☐ 1 pound sausage smoked cut into 1-inch diagonal slices

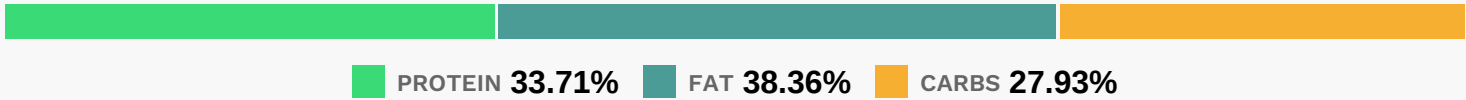
Equipment

- ☐ pot

Directions

- ☐ Bring 4 quarts water and first 7 ingredients to a boil in a 12-quart stockpot.
- ☐ Add potatoes; simmer 15 minutes.
- ☐ Add corn and sausage; simmer 8 minutes.
- ☐ Add shrimp, cover, and turn off heat.
- ☐ Let shrimp sit 10 to 15 minutes to absorb flavor.
- ☐ Drain liquid, and spread shrimp boil out on a newspaper-covered table.
- ☐ Serve with baguette slices, lemon wedges, melted butter, and Old Bay seasoning.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:18.987826106341%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 398.42kcal (19.92%), Fat: 16.91g (26.01%), Saturated Fat: 5.75g (35.97%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 24.52g (8.92%), Sugar: 4.95g (5.5%), Cholesterol: 222.83mg (74.28%), Sodium: 1509.67mg

(65.64%), Alcohol: 1.66g (100%), Alcohol %: 0.6% (100%), Protein: 33.43g (66.86%), Vitamin K: 60.82µg (57.93%), Phosphorus: 405.6mg (40.56%), Manganese: 0.77mg (38.5%), Copper: 0.66mg (32.76%), Potassium: 891.07mg (25.46%), Iron: 4.49mg (24.94%), Magnesium: 97.56mg (24.39%), Zinc: 3.4mg (22.69%), Vitamin B1: 0.3mg (19.91%), Vitamin B6: 0.39mg (19.69%), Vitamin B3: 3.75mg (18.75%), Calcium: 166.21mg (16.62%), Vitamin B12: 0.86µg (14.41%), Vitamin C: 11.1mg (13.46%), Selenium: 9.01µg (12.87%), Fiber: 3.18g (12.73%), Folate: 49.34µg (12.33%), Vitamin B2: 0.17mg (10.1%), Vitamin B5: 0.79mg (7.86%), Vitamin A: 283.6IU (5.67%), Vitamin D: 0.62µg (4.16%)