



Shrimp-Boil Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



725 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baby potatoes red halved
- ☐ 3 oz boil-in-bag shrimp-and-crab boil
- ☐ 3 tablespoons dijon mustard
- ☐ 4 ears corn fresh
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 4 green onions sliced
- ☐ 1 teaspoon horseradish prepared

- ☐ 2 pounds shrimp raw with tails (2 6/30 count) deveined peeled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon paprika
- ☐ 1 pound sausage smoked cut into 1/2-inch pieces

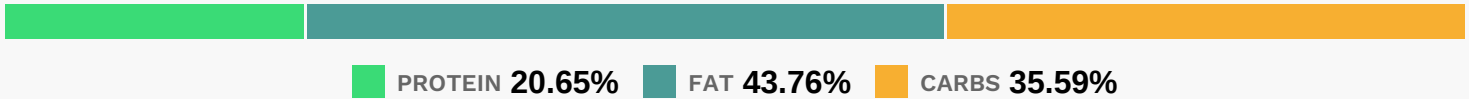
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 10 cups water to a boil in a Dutch oven over high heat; add crab boil, potatoes, and sausage; return to a boil, and cook 10 minutes.
- ☐ Add corn, and return to a boil. Cook 3 minutes or until potatoes are tender.
- ☐ Add shrimp; cover, remove from heat, and let stand 5 minutes or just until shrimp turn pink.
- ☐ Meanwhile, whisk together lemon juice and next 7 ingredients in a medium bowl.
- ☐ Drain shrimp mixture.
- ☐ Cut kernels from cobs. Discard cobs. Stir together corn kernels, shrimp mixture, and lemon juice mixture in a large bowl.
- ☐ Serve immediately, or cover and chill up to 24 hours.
- ☐ Note: We tested with Conecuh Original Smoked Sausage.

Nutrition Facts



Properties

Glycemic Index:43.29, Glycemic Load:29.25, Inflammation Score:-9, Nutrition Score:43.267391660939%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 725.33kcal (36.27%), Fat: 36.08g (55.5%), Saturated Fat: 9.55g (59.7%), Carbohydrates: 66g (22%), Net Carbohydrates: 57.38g (20.86%), Sugar: 6.89g (7.66%), Cholesterol: 244.18mg (81.39%), Sodium: 1612.72mg (70.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.61%), Vitamin K: 184.29µg (175.51%), Selenium: 59.46µg (84.94%), Manganese: 1.55mg (77.69%), Vitamin C: 63.55mg (77.04%), Phosphorus: 672.93mg (67.29%), Vitamin B6: 1.32mg (65.98%), Iron: 8.72mg (48.43%), Vitamin B12: 2.82µg (47%), Potassium: 1607.4mg (45.93%), Vitamin B3: 9.18mg (45.88%), Magnesium: 157.06mg (39.27%), Vitamin B1: 0.57mg (37.76%), Copper: 0.74mg (37.04%), Fiber: 8.62g (34.48%), Folate: 126.96µg (31.74%), Zinc: 4.58mg (30.56%), Vitamin E: 4.19mg (27.95%), Calcium: 273.94mg (27.39%), Vitamin A: 1223.12IU (24.46%), Vitamin B5: 1.98mg (19.8%), Vitamin B2: 0.31mg (17.97%), Vitamin D: 0.98µg (6.55%)