



Shrimp Boil Skewers

 Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb baby potatoes red
- ☐ 2 tablespoons butter
- ☐ 0.5 tsp creole seasoning
- ☐ 2 cups corn kernels fresh (4 medium ears)
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup old bay seasoning
- ☐ 24 extra large shrimp raw deveined peeled ()

- ☐ 0.8 cup bell pepper red finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 pound sausage smoked cut into 24 slices
- ☐ 0.5 cup onion sweet finely chopped
- ☐ 6 inch wooden skewers
- ☐ 6 inch wooden skewers

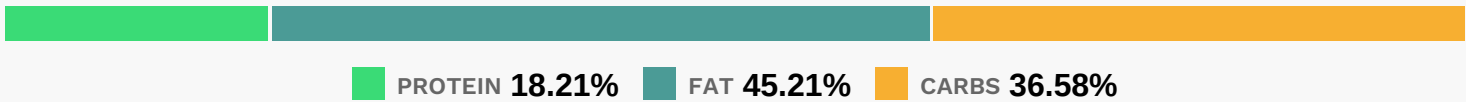
Equipment

- ☐ frying pan
- ☐ pot
- ☐ skewers

Directions

- ☐ Melt butter in a medium skillet over medium heat; add bell pepper and next 2 ingredients, and saut 4 minutes. Stir in corn and Creole seasoning, and saut 3 minutes.
- ☐ Remove from heat, and stir in parsley and vinegar.
- ☐ Bring Old Bay seasoning and 5 qt. water to a boil, covered, in a large stockpot.
- ☐ Add potatoes, and cook, uncovered, 10 minutes.
- ☐ Add sausage, and cook 3 minutes.
- ☐ Add shrimp; cook 3 minutes or just until shrimp turn pink and potatoes are tender.
- ☐ Drain.
- ☐ Thread 1 potato, 1 shrimp, and 1 sausage piece onto each skewer. Arrange on serving plates or a long shallow platter. Spoon corn mixture over skewers.

Nutrition Facts



Properties

Glycemic Index:8.66, Glycemic Load:2, Inflammation Score:-3, Nutrition Score:3.803913074991%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 59.23kcal (2.96%), Fat: 3.06g (4.7%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.84g (1.76%), Sugar: 1.04g (1.16%), Cholesterol: 17.45mg (5.82%), Sodium: 118.61mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin K: 13.52µg (12.88%), Vitamin C: 9.33mg (11.3%), Vitamin B6: 0.1mg (5.19%), Selenium: 3.55µg (5.07%), Vitamin A: 244.11IU (4.88%), Phosphorus: 48.32mg (4.83%), Manganese: 0.09mg (4.68%), Vitamin B3: 0.78mg (3.92%), Potassium: 132.37mg (3.78%), Vitamin B1: 0.05mg (3.58%), Vitamin B12: 0.2µg (3.41%), Folate: 12.26µg (3.06%), Magnesium: 12.08mg (3.02%), Iron: 0.53mg (2.93%), Fiber: 0.72g (2.89%), Copper: 0.05mg (2.45%), Zinc: 0.36mg (2.43%), Vitamin B5: 0.19mg (1.9%), Vitamin B2: 0.03mg (1.78%), Calcium: 14.64mg (1.46%), Vitamin E: 0.22mg (1.44%)