



## Shrimp Boil with Clams and Lemon

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

READY IN



**65 min.**

SERVINGS



**8**

CALORIES



**199 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bay leaves
- 0.3 cup crab boil seasoning (recommended: Old Bay)
- 3 ears corn sweet halved
- 1 head garlic halved
- 2 pounds shrimp with heads and tails
- 8 servings kosher salt
- 2 lemons plus more for serving halved
- 12 littleneck clams scrubbed (1 pound 4 ounces)

- 1 pound new potatoes red medium to large cut in 1/2
- 1 medium onion quartered
- 2 teaspoons salt
- 2 serrano chiles split
- 3 pieces sausage smoked such as andouille or kielbasa, cut into 1-inch pieces ( 1 pound 5 ounces)
- 0.5 bunch thyme leaves
- 8 servings water

## Equipment

- pot

## Directions

- Watch how to make this recipe.
- Fill a huge stockpot, preferably fitted with a basket insert, with about 4 quarts of water. Keep in mind that when you add the solid ingredients the water level will rise, so don't fill the pot up more than halfway. Squeeze the lemons into the water, tossing in the halves too.
- Add the bay leaves, salt, seasoning, thyme, onions, chiles and garlic; bring the broth to a boil over medium-high heat and simmer for 10 minutes. You want a very aromatic broth with plenty of salt and spices. Taste it; don't be afraid to make it strong so some of the flavor can penetrate and get absorbed by the potatoes and other ingredients. Adjust seasoning with salt.
- Add the potatoes to the pot to give them a head start; simmer for 20 minutes. Now add the corn and sausage; cook another 5 minutes, making sure everything stays covered with the liquid.
- Add the clams and boil for 8 to 10 minutes until they open. Then toss in the shrimp and shut off the heat. Cover the pot and let the shrimp steep in the flavor for 15 minutes.
- Drain and spread the shrimp, sausage, clams, corn, potatoes, and onions out on a newspaper-covered table.
- Serve with lemons and plenty of napkins. Reserve the broth to make Shrimp Cocktail Shots.

## Nutrition Facts



■ PROTEIN 50.16% ■ FAT 6.42% ■ CARBS 43.42%

## Properties

Glycemic Index:29.78, Glycemic Load:8.35, Inflammation Score:-6, Nutrition Score:12.866521761388%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg 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: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## Nutrients (% of daily need)

Calories: 199.02kcal (9.95%), Fat: 1.51g (2.32%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 19.59g (7.12%), Sugar: 3.97g (4.41%), Cholesterol: 183.78mg (61.26%), Sodium: 937.8mg (40.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.95%), Vitamin C: 31.24mg (37.86%), Phosphorus: 329.98mg (33%), Copper: 0.61mg (30.55%), Manganese: 0.43mg (21.43%), Potassium: 724.15mg (20.69%), Magnesium: 78.33mg (19.58%), Vitamin K: 19.09µg (18.19%), Vitamin B6: 0.32mg (15.95%), Zinc: 2.05mg (13.65%), Fiber: 3.33g (13.33%), Iron: 2.36mg (13.13%), Calcium: 128.68mg (12.87%), Vitamin B1: 0.13mg (8.66%), Folate: 32.65µg (8.16%), Vitamin B3: 1.38mg (6.89%), Vitamin B12: 0.36µg (6.03%), Vitamin B5: 0.51mg (5.09%), Vitamin B2: 0.06mg (3.43%), Vitamin A: 166.05IU (3.32%), Selenium: 2.23µg (3.18%)