



## Shrimp Boil with Spicy Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 bay leaves crumbled
- 1.3 teaspoons cayenne
- 2 cloves garlic smashed
- 0.5 optional: lemon cut into thin slices
- 2 teaspoons juice of lemon
- 5 tablespoons old bay seasoning
- 0.5 teaspoon peppercorns
- 1.5 teaspoons salt
- 2 pounds shrimp

- 0.5 pound butter unsalted
- 0.3 cup vinegar
- 1.5 quarts water
- 4 teaspoons worcestershire sauce

## Equipment

- bowl
- frying pan
- sauce pan
- pot

## Directions

- In a large pot, combine the water, vinegar, lemon slices, garlic, Old Bay Seasoning, peppercorns, 1/2 teaspoon of the salt, 1/4 teaspoon of the cayenne, and the bay leaves. Cover and bring to a boil. Reduce the heat and simmer for 5 minutes.
- Add the shrimp to the pot. Cover and bring back to a boil. Then continue boiling, partially covered, until the shrimp are just done, 1 to 2 minutes.
- Drain.
- In a small stainless-steel saucepan, melt the butter.
- Remove the pan from the heat and add the Worcestershire sauce, the lemon juice, and the remaining 1 teaspoon salt and 1 teaspoon cayenne. Divide the sauce among four small bowls.
- Serve the shrimp with the butter dipping sauce.
- Wine Recommendation: Pop open a cold beer for this one, or be adventurous and try pairing the spiciness of the shrimp boil with a palate-cleansing, refreshing sparkling wine from California or Australia.

## Nutrition Facts



**PROTEIN 9.67%** **FAT 35.15%** **CARBS 55.18%**

## Properties

Glycemic Index:52.88, Glycemic Load:68.57, Inflammation Score:-9, Nutrition Score:28.133478180222%

## Flavonoids

Eriodictyol: 3.01mg, Eriodictyol: 3.01mg, Eriodictyol: 3.01mg, Eriodictyol: 3.01mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 1281.17kcal (64.06%), Fat: 49.98g (76.89%), Saturated Fat: 29.96g (187.22%), Carbohydrates: 176.53g (58.84%), Net Carbohydrates: 167.95g (61.07%), Sugar: 7.33g (8.15%), Cholesterol: 121.9mg (40.63%), Sodium: 990.18mg (43.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Selenium: 144.73µg (206.75%), Manganese: 2.56mg (127.8%), Phosphorus: 462.51mg (46.25%), Vitamin K: 45.95µg (43.77%), Copper: 0.8mg (39.85%), Vitamin A: 1825.76IU (36.52%), Magnesium: 140.66mg (35.17%), Fiber: 8.57g (34.3%), Iron: 5.31mg (29.49%), Zinc: 3.51mg (23.39%), Vitamin B6: 0.44mg (21.95%), Vitamin B3: 4.16mg (20.79%), Potassium: 649.71mg (18.56%), Vitamin B1: 0.24mg (15.73%), Calcium: 140.17mg (14.02%), Folate: 52.87µg (13.22%), Vitamin C: 10.49mg (12.72%), Vitamin E: 1.85mg (12.35%), Vitamin B2: 0.18mg (10.86%), Vitamin B5: 1.09mg (10.85%), Vitamin D: 0.85µg (5.67%), Vitamin B12: 0.1µg (1.61%)