



Shrimp Boil with Spicy Horseradish Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons cajun spice
- ☐ 2.5 teaspoons cayenne divided
- ☐ 4 ears of corn halved
- ☐ 4 garlic cloves
- ☐ 1.5 tablespoons bottled horseradish
- ☐ 0.3 cup catsup
- ☐ 1 optional: lemon quartered
- ☐ 0.3 cup mayonnaise

- ☐ 8 small potatoes boiling (2 inches)
- ☐ 1.5 pounds shrimp in shell
- ☐ 2 turkish bay leaf

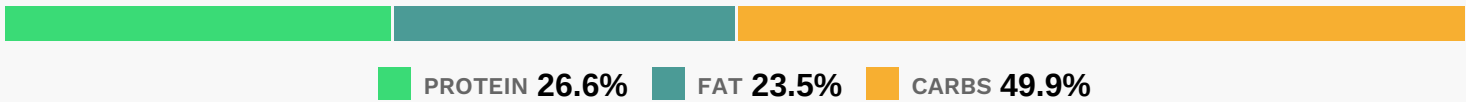
Equipment

- ☐ pot

Directions

- ☐ Squeeze lemon juice into 4 qt water in a 6- to 8-quart pot, then stir in lemon quarters, Creole seasoning, 2 teaspoon cayenne, bay leaves, garlic, potatoes, and 2 tablespoons salt (omit salt if it is the first ingredient in seasoning).
- ☐ Bring to a boil, then simmer, partially covered, until potatoes are almost tender, 10 to 12 minutes.
- ☐ Increase heat to high, then add corn and simmer, partially covered, 4 minutes. Stir in shrimp and cook until just cooked through, 2 to 3 minutes.
- ☐ Meanwhile, stir together ketchup, mayonnaise, horseradish, and remaining 1/2 teaspoon cayenne.
- ☐ Drain shrimp, potatoes, and corn and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:37.374347609022%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 650.92kcal (32.55%), Fat: 18.02g (27.73%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 86.09g (28.7%), Net Carbohydrates: 74.04g (26.92%), Sugar: 16.57g (18.42%), Cholesterol: 281.7mg (93.9%), Sodium: 608.06mg (26.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.78%), Vitamin A: 5146.1IU (102.92%), Potassium: 2587.06mg (73.92%), Phosphorus: 702.48mg (70.25%), Vitamin C: 53.88mg (65.31%), Copper: 1.28mg (63.97%), Vitamin B6: 0.98mg (48.83%), Fiber: 12.05g (48.21%), Magnesium: 192.38mg (48.1%), Vitamin K: 49.31µg (46.96%), Manganese: 0.94mg (46.84%), Vitamin B3: 6.85mg (34.23%), Iron: 6.15mg (34.16%), Vitamin B1: 0.47mg (31.28%), Zinc: 4.39mg (29.24%), Folate: 113.7µg (28.43%), Vitamin E: 3.96mg (26.43%), Vitamin B5: 1.93mg (19.29%), Vitamin B2: 0.32mg (18.88%), Calcium: 187.06mg (18.71%), Selenium: 4.16µg (5.95%)