



## Shrimp, Sweet Corn and New Potato Boil



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

### Ingredients

- ☐ 6 cups water
- ☐ 1 teaspoon salt
- ☐ 3 ounces crab boil seasoning (one 3-ounce bag)
- ☐ 1 pound potatoes – remove skin red
- ☐ 4 medium ears corn sweet cut in half
- ☐ 1 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 3 tablespoons butter melted
- ☐ 1 optional: lemon cut in to wedges

- ☐ 1 serving pepper fresh
- ☐ 1 serving parsley fresh chopped
- ☐ 1 serving fruit cocktail

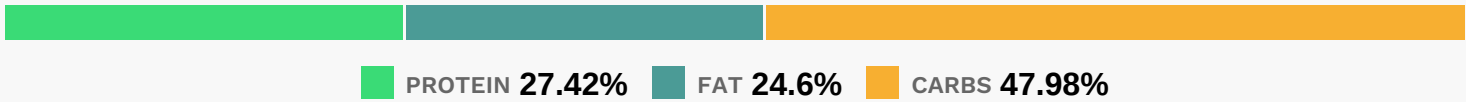
## Equipment

- ☐ dutch oven

## Directions

- ☐ Mix water, salt and bag of crab boil mixture in 4-quart Dutch oven. Cover and heat to boiling.
- ☐ Add potatoes and corn.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook 10 to 15 minutes or just until potatoes are tender and corn is bright yellow.
- ☐ Remove Dutch oven from heat.
- ☐ Add shrimp; let stand 3 to 5 minutes or until shrimp are pink and firm.
- ☐ Drain potatoes, corn and shrimp; discard crab boil bag.
- ☐ Place corn and potatoes on serving platter; drizzle with melted butter. Arrange shrimp on platter; squeeze juice from lemon wedges over shrimp.
- ☐ Sprinkle with pepper and parsley; serve with cocktail sauce.

## Nutrition Facts



## Properties

Glycemic Index:36.13, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:29.646521668719%

## 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: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 412.65kcal (20.63%), Fat: 12.26g (18.86%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 46.61g (16.95%), Sugar: 9.22g (10.25%), Cholesterol: 182.57mg (60.86%), Sodium: 875.65mg (38.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.47%), Vitamin K: 191.29µg (182.18%), Manganese: 1.84mg (91.81%), Iron: 9.69mg (53.81%), Copper: 0.9mg (44.94%), Phosphorus: 446.36mg (44.64%), Vitamin C: 34.91mg (42.31%), Magnesium: 156.6mg (39.15%), Potassium: 1284.05mg (36.69%), Calcium: 320.41mg (32.04%), Vitamin B6: 0.59mg (29.6%), Fiber: 7.17g (28.67%), Vitamin A: 1224.72IU (24.49%), Folate: 97.2µg (24.3%), Vitamin B1: 0.32mg (21.26%), Zinc: 3.1mg (20.63%), Vitamin B3: 3.78mg (18.92%), Vitamin B5: 1.11mg (11.12%), Vitamin B2: 0.14mg (8.37%), Vitamin E: 0.74mg (4.92%), Selenium: 2.82µg (4.03%)