



WHATSheATE



Shrimp, Sweet Corn and New Potato Boil



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 3 ounces crab boil seasoning (one 3-ounce bag)
- ☐ 4 medium ears corn sweet cut in half
- ☐ 4 servings parsley fresh chopped
- ☐ 4 servings pepper fresh
- ☐ 4 servings sauce
- ☐ 1 optional: lemon cut in to wedges
- ☐ 1 pound potatoes – remove skin red

- ☐ 1 teaspoon salt
- ☐ 1 pound shrimp frozen thawed deveined uncooked peeled
- ☐ 6 cups water

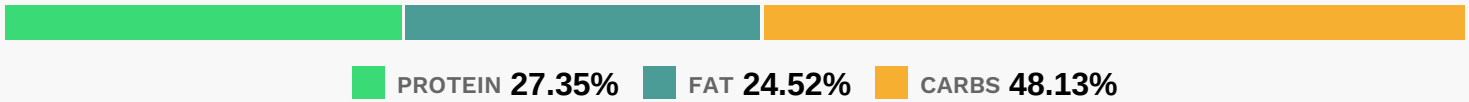
Equipment

- ☐ 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:22.38, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:30.35217403005%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 415kcal (20.75%), Fat: 12.28g (18.9%), Saturated Fat: 2.96g (18.47%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 46.98g (17.08%), Sugar: 9.44g (10.49%), Cholesterol: 182.57mg (60.86%), Sodium: 889.33mg (38.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.68%), Vitamin K: 240.6µg (229.15%), Manganese: 1.85mg (92.51%), Iron: 9.88mg (54.88%), Vitamin C: 38.89mg (47.14%), Copper: 0.9mg (45.21%), Phosphorus: 448.2mg (44.82%), Magnesium: 158.21mg (39.55%), Potassium: 1301.44mg (37.18%), Calcium: 324.86mg (32.49%), Vitamin B6: 0.59mg (29.74%), Vitamin A: 1477.33IU (29.55%), Fiber: 7.28g (29.13%), Folate: 101.77µg (25.44%), Vitamin B1: 0.32mg (21.43%), Zinc: 3.13mg (20.85%), Vitamin B3: 3.82mg (19.11%), Vitamin B5: 1.13mg (11.25%), Vitamin B2: 0.15mg (8.54%), Vitamin E: 0.76mg (5.07%), Selenium: 2.83µg (4.04%)