



Sina's Georgia-Style Boiled Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



1083 min.

SERVINGS



3

CALORIES



1724 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 pounds peanuts raw



0.8 cup salt



12 cups water

Equipment



ziploc bags



microwave

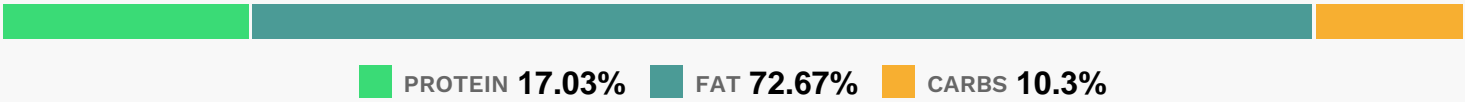


slow cooker

Directions

- ☐ Combine all ingredients in a 5- or 6-quart slow cooker. Cover and cook on HIGH 18 hours or until peanuts are soft.
- ☐ Drain peanuts before serving or storing. Store in zip-top plastic bags in refrigerator up to 2 weeks.
- ☐ Add 1 (3-ounce) package boil-in-bag shrimp and crab boil and 1/3 to 1/2 cup hot sauce (we tested with Frank's) to slow cooker before cooking.
- ☐ Freeze It!: Freeze these peanuts in zip-top freezer bags up to 2 months. Reheat them in the microwave before serving.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:51.013478071793%

Nutrients (% of daily need)

Calories: 1723.65kcal (86.18%), Fat: 149.99g (230.75%), Saturated Fat: 23.11g (144.43%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 19.11g (6.95%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 28407.19mg (1235.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.08g (158.15%), Manganese: 8.06mg (402.81%), Vitamin B3: 48.16mg (240.78%), Folate: 725.75µg (181.44%), Copper: 2.89mg (144.74%), Magnesium: 578.7mg (144.67%), Vitamin B1: 2.04mg (136.08%), Phosphorus: 1173.29mg (117.33%), Fiber: 28.73g (114.91%), Iron: 12.06mg (67.03%), Potassium: 2255.66mg (64.45%), Vitamin B5: 5.35mg (53.49%), Vitamin B6: 1.05mg (52.62%), Zinc: 6.58mg (43.86%), Calcium: 366.45mg (36.64%), Selenium: 21.85µg (31.21%), Vitamin B2: 0.41mg (24.01%)