



Southern Shrimp Boil

READY IN



75 min.

SERVINGS



6

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces andouille sausage cut into 1-inch rounds
- ☐ 1 pound baby artichokes trimmed halved 8 small
- ☐ 3 bay leaves
- ☐ 2 sticks butter softened
- ☐ 1.5 cups cipollini onions peeled halved
- ☐ 1 pound ears of corn cut into thirds
- ☐ 1 baguette french
- ☐ 2 cloves garlic minced
- ☐ 3 green onions sliced for garnish

- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon hot sauce
- ☐ 6 servings hot sauce to taste
- ☐ 1 jalapeño diced
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon parmesan
- ☐ 1 tablespoon parsley leaves finely chopped
- ☐ 1 pound potatoes red
- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 1 scallion minced
- ☐ 1 pound shell-on shrimp deveined
- ☐ 3 tablespoons shrimp boil spice recommended: Old Bay
- ☐ 3 tablespoons vegetable oil
- ☐ 3 quarts water

Equipment

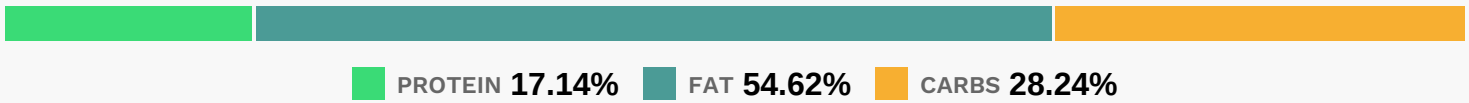
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ broiler
- ☐ colander

Directions

- ☐ In a small stock pot, heat oil over medium heat.
- ☐ Saute sausage, onions and artichokes until lightly colored, about 5 minutes.
- ☐ Add jalapeno, water, potatoes, shrimp boil spice, salt, bay leaves, hot sauce and black pepper. Cover pot and bring to a boil. Reduce heat add corn and cover. Cook until corn is tender, about 10 minutes.

- ☐ Add shrimp and cook until pink and firm, about 5 minutes. Strain the boil through a colander. Plate immediately on a large serving dish.
- ☐ Garnish with sliced green onions or your favorite fresh herb.
- ☐ Serve with Garlic Bread.
- ☐ In a small bowl, mix butter together with garlic, scallion, Parmesan, parsley, hot sauce and salt and pepper, to taste. Preheat broiler with rack 4 inches from heat. Slice baguette horizontally.
- ☐ Spread butter on both halves.
- ☐ Place on a sheet pan and toast under the broiler, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:60.96, Glycemic Load:15.28, Inflammation Score:-9, Nutrition Score:26.021304441535%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg

Nutrients (% of daily need)

Calories: 846.82kcal (42.34%), Fat: 53.21g (81.87%), Saturated Fat: 25.33g (158.29%), Carbohydrates: 61.91g (20.64%), Net Carbohydrates: 52.73g (19.18%), Sugar: 12.38g (13.76%), Cholesterol: 255.8mg (85.27%), Sodium: 2520.65mg (109.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.56g (75.12%), Vitamin K: 47.57µg (45.3%), Phosphorus: 439.11mg (43.91%), Vitamin A: 1957.43IU (39.15%), Vitamin B1: 0.58mg (38.66%), Fiber: 9.18g (36.7%), Vitamin B3: 7.17mg (35.86%), Copper: 0.67mg (33.36%), Potassium: 1118.26mg (31.95%), Manganese: 0.61mg (30.63%), Vitamin C: 23.6mg (28.6%), Iron: 4.98mg (27.68%), Folate: 109.83µg (27.46%), Selenium: 18.86µg (26.94%), Magnesium: 107.05mg (26.76%), Zinc: 3.46mg (23.09%), Vitamin B6: 0.44mg (21.89%), Calcium: 194.92mg (19.49%), Vitamin B2: 0.32mg (19.1%), Vitamin E: 2.19mg (14.59%), Vitamin B5: 1.4mg (13.98%), Vitamin B12: 0.54µg (8.95%), Vitamin D: 0.67µg (4.44%)