



## Texas Boiled Beer Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



2 tablespoons crab boil dry



2 pounds shrimp

### Equipment



pot

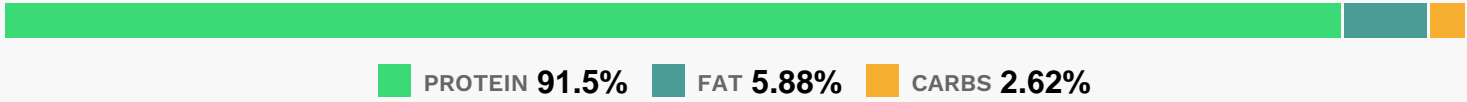
### Directions



Bring beer with dry crab boil to a boil in a large pot.

- ☐
- Add shrimp to boiling beer and place a cover on the pot. Bring the beer again to a boil, reduce heat to medium-low, and cook at a simmer for 5 minutes.
- ☐
- Remove pot from heat and leave shrimp steeping in the beer another 2 to 3 minutes; drain.
- ☐
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.1343479133818%

## Nutrients (% of daily need)

Calories: 132.61kcal (6.63%), Fat: 0.87g (1.34%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.04g (0.05%), Cholesterol: 243.43mg (81.14%), Sodium: 180.29mg (7.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Phosphorus: 325.84mg (32.58%), Copper: 0.6mg (30.12%), Magnesium: 55.91mg (13.98%), Zinc: 2.07mg (13.79%), Potassium: 408.28mg (11.67%), Calcium: 110.05mg (11%), Vitamin K: 10.74µg (10.23%), Manganese: 0.14mg (7.07%), Iron: 1.26mg (6.98%)