

# Southern Low Country Boil

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/best-southern-low-country-boil-recipe>

## Ingredients:

- 14 ounces smoked sausage sliced into 1 inch rounds
- 1 pound shrimp raw, de-veined, with tail on, can use no tail either
- 3 ounces Cajun seasoning Zatarain's brand!
- 2 pounds red potatoes sliced in half
- 1 stick salted butter melted
- 1 toasted baguette optional
- 4 corn cobs of, sliced into thirds
- salt optional
- pepper optional
- Cajun seasoning optional

## Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 335 milligrams
4. Fat: 73 grams
5. Fiber: 12 grams
6. Protein: 63 grams
7. SaturatedFat: 30 grams
8. Sodium: 2600 milligrams
9. Sugar: 7 grams
10. TransFat: 2 grams

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