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Old Bay Peel-and-Eat Shrimp with Roasted Fingerling Potatoes ♦♦

This recipe is a classic seafood dish featuring peel-and-eat shrimp seasoned with Old Bay and served with roasted fingerling potatoes. The shrimp are cooked until tender and flavorful, while the potatoes are roasted to perfection, creating a delicious and satisfying meal. The combination of the savory shrimp and crispy potatoes makes this dish a favorite among seafood lovers.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
2 tsp	old bay seasoning
500 g	fingerling potatoes

2 tbsp	Olive oil
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, toss the fingerling potatoes with olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 25 mins

Step 3

Roasting

Spread the potatoes in a single layer on a baking sheet and roast for 25 minutes or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Preparation

While the potatoes are roasting, prepare the shrimp by peeling and deveining them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Boiling

In a large pot, bring water to a boil and add the Old Bay seasoning.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Boiling

Add the shrimp to the boiling water and cook for 3-4 minutes or until they turn pink and opaque.

Prep Time: 0 mins

Cook Time: 4 mins

Step 7

Draining

Drain the shrimp and transfer them to a serving platter.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the peel-and-eat shrimp with the roasted fingerling potatoes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	15 mg	0.44%	0.58%
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Events

Barbecue

Picnic

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Diwali

Ramadan

Thanksgiving

Cost

Under \$10

Demographics

Senior Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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