



Arugula-Herb Soup with Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula leaves rinsed
- 0.5 cup chives fresh chopped
- 1 tablespoon juice of lemon
- 3 cups buttermilk low-fat
- 0.5 cup parsley chopped
- 1 cup nonfat yogurt plain
- 4 servings salt and pepper
- 0.3 cup shallots chopped

8 ounces tiny shrimp shelled rinsed cooked

Equipment

bowl

blender

Directions

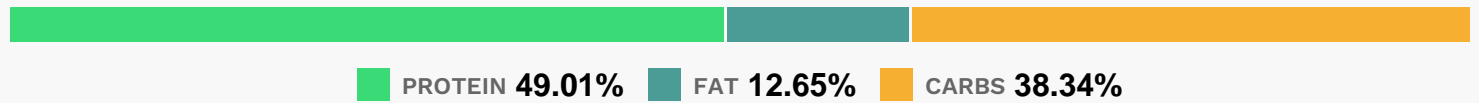
In a blender, whirl 1 cup buttermilk, yogurt, arugula, 1/2 cup chives, parsley, and shallots until almost smooth.

Pour into a bowl; stir in remaining buttermilk and the lemon juice. Season to taste with salt and pepper. Cover and chill until cold, at least 1 hour, or up to 1 day.

Reserve about 1/4 cup shrimp; mound remainder equally in four wide, shallow bowls.

Pour soup around shrimp; top servings equally with reserved shrimp and more pepper and chives.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:17.466086978498%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 172.67kcal (8.63%), Fat: 2.51g (3.86%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.11g (5.86%), Sugar: 14.95g (16.61%), Cholesterol: 99.71mg (33.24%), Sodium: 583.69mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.78%), Vitamin K: 144.97µg (138.07%), Calcium: 403.74mg (40.37%), Phosphorus: 399.32mg (39.93%), Vitamin B2: 0.45mg (26.22%), Vitamin A: 1176.45IU

(23.53%), Vitamin C: 19.37mg (23.47%), Potassium: 724.21mg (20.69%), Magnesium: 65.17mg (16.29%), Zinc: 2.33mg (15.51%), Copper: 0.29mg (14.55%), Vitamin B12: 0.77µg (12.83%), Folate: 48.48µg (12.12%), Vitamin B5: 1.03mg (10.25%), Selenium: 6.07µg (8.67%), Vitamin B6: 0.17mg (8.37%), Vitamin B1: 0.12mg (7.67%), Iron: 1.31mg (7.29%), Manganese: 0.13mg (6.61%), Fiber: 1.02g (4.07%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.21mg (1.41%)