



Bacon-Corn Chowder with Shrimp

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery
- ☐ 4 cups ears corn fresh thawed
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup half and half
- ☐ 2 cups beef broth fat-free
- ☐ 1 cup onion

- ☐ 0.1 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 6 slices bacon chopped

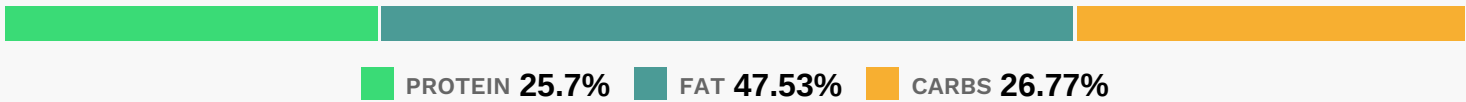
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add bacon to pan; saute 4 minutes or until the bacon begins to brown.
- ☐ Remove 2 slices bacon.
- ☐ Drain on paper towels.
- ☐ Add onion and next 3 ingredients (through minced garlic) to pan, and saute for 2 minutes.
- ☐ Add corn, and cook 2 minutes, stirring occasionally.
- ☐ Add broth; bring to a boil, and cook for 4 minutes.
- ☐ Place 2 cups of corn mixture in a blender.
- ☐ Remove the center piece of blender lid (to allow steam to escape), and secure lid on blender.
- ☐ Place a clean towel over opening in the blender lid (to avoid splatters). Blend until smooth. Return pureed corn mixture to pan. Stir in shrimp; cook 2 minutes or until shrimp are done. Stir in half-and-half, pepper, and salt. Crumble reserved bacon over soup.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:15.821739217509%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 475.79kcal (23.79%), Fat: 26.22g (40.34%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 29.34g (10.67%), Sugar: 11.78g (13.09%), Cholesterol: 179.63mg (59.88%), Sodium: 797.3mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.8%), Phosphorus: 424.48mg (42.45%), Potassium: 1088.52mg (31.1%), Vitamin B1: 0.4mg (26.85%), Magnesium: 98.51mg (24.63%), Vitamin B3: 4.86mg (24.31%), Copper: 0.46mg (23.1%), Manganese: 0.37mg (18.62%), Folate: 73.92µg (18.48%), Selenium: 12.73µg (18.19%), Vitamin B6: 0.36mg (17.87%), Zinc: 2.63mg (17.51%), Vitamin C: 14.43mg (17.49%), Fiber: 3.9g (15.6%), Vitamin B5: 1.49mg (14.86%), Vitamin B2: 0.18mg (10.82%), Calcium: 99.84mg (9.98%), Iron: 1.65mg (9.17%), Vitamin A: 444.51IU (8.89%), Vitamin B12: 0.31µg (5.14%), Vitamin K: 4.77µg (4.55%), Vitamin E: 0.43mg (2.85%), Vitamin D: 0.22µg (1.44%)