



## Big Ed's Cajun Shrimp Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon butter
- ☐ 8 ounce bottled clam juice
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup green onions sliced

- ☐ 6 servings pepper sauce hot to taste
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp fresh deveined peeled
- ☐ 3 cups tomato-vegetable juice cocktail
- ☐ 0.5 cup water
- ☐ 0.5 cup rice long-grain white uncooked

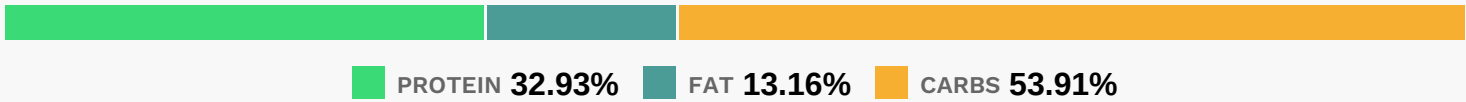
## Equipment

- ☐ pot

## Directions

- ☐ Melt butter in a large pot over medium heat.
- ☐ Saute green bell pepper, onions, and garlic until tender. Stir in vegetable juice, clam juice, and water. Season with thyme, basil, red pepper, bay leaf, and salt. Bring to a boil, and stir in rice. Reduce heat, and cover. Simmer 15 minutes, until rice is tender.
- ☐ Stir in shrimp, and cook 5 minutes, or until shrimp are opaque.
- ☐ Remove the bay leaf, and season with hot sauce.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:9.03, Inflammation Score:-6, Nutrition Score:9.687826063322%

## Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 165.07kcal (8.25%), Fat: 2.47g (3.8%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.53g (7.83%), Sugar: 6.01g (6.67%), Cholesterol: 96.3mg (32.1%), Sodium: 432.2mg (18.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Vitamin C: 35.15mg (42.61%), Copper: 0.36mg (17.97%), Phosphorus: 170.92mg (17.09%), Manganese: 0.32mg (16.22%), Vitamin A: 776.7IU (15.53%), Potassium: 518.42mg (14.81%), Vitamin K: 14.04µg (13.38%), Vitamin B6: 0.22mg (11.14%), Magnesium: 41.94mg (10.48%), Folate: 32.85µg (8.21%), Zinc: 1.19mg (7.95%), Iron: 1.22mg (6.79%), Calcium: 64.34mg (6.43%), Vitamin B3: 1.25mg (6.26%), Vitamin B1: 0.09mg (5.79%), Vitamin B5: 0.51mg (5.14%), Fiber: 1.23g (4.93%), Selenium: 2.98µg (4.26%), Vitamin E: 0.61mg (4.07%), Vitamin B2: 0.06mg (3.5%)