



Black Bean Bisque with Rock Shrimp Escabèche

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon smoked chopped
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon chili powder
- ☐ 1.5 tablespoons chipotle pepper in adobo sauce chopped
- ☐ 1 pound black beans dried rinsed
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 cup heavy cream
- ☐ 8 servings rock shrimp escabèche
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 2 tomatoes quartered
- ☐ 1 cup onion yellow chopped

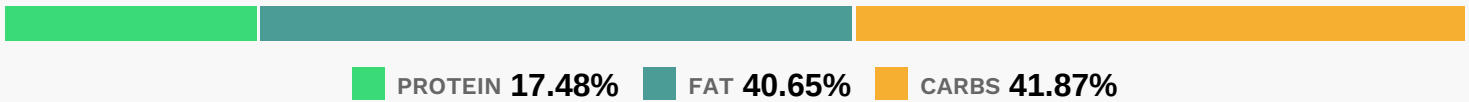
Equipment

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

Directions

- ☐ Cook bacon in a large Dutch oven until crisp. Reserve 2 tablespoons drippings in pan; drain bacon on paper towels, and reserve for another use.
- ☐ Add onion, celery, and carrot, and cook 5 minutes or until vegetables are tender.
- ☐ Add 2 1/2 quarts water, black beans, and next 4 ingredients, and bring to a boil.
- ☐ Reduce heat to medium, and cook at a brisk simmer, skimming any foam, 1 1/2 hours or until beans are tender.
- ☐ Add salt and vinegar during last 5 minutes.
- ☐ Remove from heat, and stir in cream. Puree using an immersion blender. Top each serving with a spoonful of Rock Shrimp Escabche.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:20.281739069068%

Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 384.42kcal (19.22%), Fat: 17.64g (27.14%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 30.66g (11.15%), Sugar: 3.97g (4.41%), Cholesterol: 36.78mg (12.26%), Sodium: 653.82mg (28.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.14%), Folate: 264.83µg (66.21%), Vitamin B1: 0.62mg (41.41%), Fiber: 10.22g (40.87%), Vitamin A: 1939.4IU (38.79%), Manganese: 0.7mg (34.9%), Potassium: 1066.5mg (30.47%), Magnesium: 110.03mg (27.51%), Phosphorus: 271.11mg (27.11%), Copper: 0.53mg (26.46%), Iron: 3.43mg (19.06%), Zinc: 2.59mg (17.25%), Vitamin B6: 0.31mg (15.75%), Vitamin B3: 2.62mg (13.11%), Selenium: 8.45µg (12.08%), Vitamin B2: 0.18mg (10.77%), Calcium: 97.89mg (9.79%), Vitamin K: 9.35µg (8.9%), Vitamin B5: 0.8mg (8%), Vitamin C: 6.48mg (7.85%), Vitamin E: 0.73mg (4.9%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.35µg (2.35%)