



Brazilian Shrimp Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups canned tomatoes thick canned crushed (from one 15-ounce can)
- ☐ 2 tablespoons cooking oil
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.8 cup rice long-grain
- ☐ 1.8 teaspoons salt
- ☐ 1.5 pounds shrimp shelled cut in half horizontally
- ☐ 1 cup coconut milk unsweetened canned
- ☐ 5 cups water

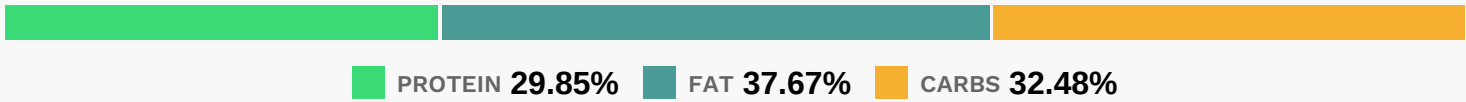
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderately low heat.
- ☐ Add the onion, bell pepper, and garlic and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Add the rice, red-pepper flakes, salt, tomatoes, and water to the pot. Bring to a boil and cook until the rice is almost tender, about 10 minutes.
- ☐ Stir the coconut milk into the soup. Bring back to a simmer and then stir in the shrimp. Simmer, stirring occasionally, until the shrimp are just done, 3 to 5 minutes. Stir in the black pepper, lemon juice, and parsley.
- ☐ Variation: Instead of the shrimp, use one pound of boneless, skinless chicken breasts (about three), cut crosswise into quarter-inch strips. Cook for the same amount of time.
- ☐ Wine Recommendation: The sweet elements here call for a somewhat assertive sweetness in the wine as well. A Vouvray demi-sec, from France's Loire Valley, ought to strike just the right balance.

Nutrition Facts



Properties

Glycemic Index:57.55, Glycemic Load:19.81, Inflammation Score:-8, Nutrition Score:26.571739176045%

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: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 529.45kcal (26.47%), Fat: 22.85g (35.16%), Saturated Fat: 13.5g (84.37%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 39.21g (14.26%), Sugar: 8.77g (9.75%), Cholesterol: 273.86mg (91.29%), Sodium: 1393.78mg (60.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.48%), Vitamin K: 136.38µg (129.89%), Manganese: 1.32mg (65.97%), Vitamin C: 49.5mg (60%), Copper: 1.19mg (59.73%), Phosphorus: 520.37mg (52.04%), Potassium: 1107.92mg (31.65%), Magnesium: 125.23mg (31.31%), Zinc: 3.58mg (23.85%), Iron: 4.23mg (23.5%), Fiber: 5.14g (20.55%), Vitamin A: 1008.23IU (20.16%), Calcium: 198.59mg (19.86%), Vitamin E: 2.9mg (19.37%), Vitamin B6: 0.37mg (18.72%), Selenium: 10.1µg (14.42%), Vitamin B3: 2.61mg (13.06%), Folate: 46.61µg (11.65%), Vitamin B1: 0.16mg (10.75%), Vitamin B5: 0.87mg (8.7%), Vitamin B2: 0.1mg (5.86%)