



## Buttermilk-Corn Soup with Shrimp

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**15**

CALORIES



**103 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups buttermilk
- 1 teaspoon chili powder
- 0.5 teaspoon cumin
- 3 cups corn kernels fresh (from 4 medium ears)
- 1 clove garlic minced
- 3 tablespoons olive oil
- 1 medium onion chopped
- 15 servings salt and pepper black freshly ground

- 12 oz shrimp deveined peeled

## Equipment

- food processor
- bowl
- paper towels
- sauce pan
- pot
- blender

## Directions

- Place shrimp in a medium saucepan.
- Pour in enough cold water to cover by 1 inch and add a pinch of salt. Bring to a simmer over medium heat and cook, uncovered, until shrimp are pink and curled, about 7 minutes.
- Drain and pat dry with paper towels.
- Transfer to a bowl, cover and refrigerate until ready to serve soup.
- Warm 2 Tbsp. oil in a large pot over medium heat.
- Add onion and cook, stirring occasionally, until softened, 6 to 8 minutes.
- Add remaining 1 Tbsp. oil, garlic, chili powder and cumin and cook, stirring, until fragrant, about 1 minute. Raise heat to medium-high. Stir in corn and saut until tender, about 3 minutes. Cool slightly.
- Transfer half of corn mixture to a food processor or blender.
- Add 1 cup buttermilk and puree until smooth, at least 2 minutes, stopping and scraping down sides occasionally.
- Transfer to a large bowl and stir in remaining half of corn mixture and remaining buttermilk. Season well with salt and pepper. Cover and refrigerate until thoroughly chilled, at least 2 hours.
- Serve in chilled bowls, garnished with shrimp.

## Nutrition Facts



■ PROTEIN 26.62% ■ FAT 41.22% ■ CARBS 32.16%

## Properties

Glycemic Index:8.33, Glycemic Load:0.91, Inflammation Score:-2, Nutrition Score:4.3295652866364%

## Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 102.84kcal (5.14%), Fat: 4.94g (7.6%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 7.89g (2.87%), Sugar: 4.48g (4.98%), Cholesterol: 41.79mg (13.93%), Sodium: 84.44mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Phosphorus: 118.47mg (11.85%), Calcium: 73.88mg (7.39%), Potassium: 219.63mg (6.28%), Magnesium: 24.86mg (6.22%), Copper: 0.12mg (6.15%), Vitamin B2: 0.1mg (6.02%), Vitamin B1: 0.07mg (4.81%), Manganese: 0.09mg (4.34%), Zinc: 0.64mg (4.3%), Vitamin D: 0.62µg (4.16%), Vitamin B5: 0.4mg (4.03%), Folate: 16.04µg (4.01%), Vitamin B12: 0.22µg (3.68%), Vitamin A: 174.52IU (3.49%), Vitamin E: 0.51mg (3.42%), Fiber: 0.79g (3.15%), Vitamin C: 2.58mg (3.13%), Vitamin B6: 0.06mg (2.95%), Vitamin B3: 0.59mg (2.93%), Selenium: 2.05µg (2.93%), Iron: 0.39mg (2.19%), Vitamin K: 2.26µg (2.15%)