



Cajun Shrimp-and-Corn Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baking potato diced peeled
- 1 teaspoon cajun seasoning) for seafood (such as chef paul prudhomme's seafood magic
- 4 cups milk fat-free
- 29.5 ounce no-salt-added corn cream-style canned
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled

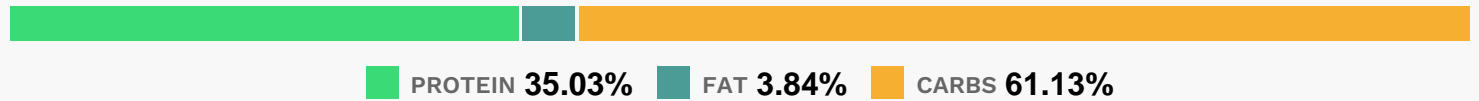
Equipment

dutch oven

Directions

- Combine the first five ingredients in a Dutch oven, and bring to a boil. Reduce heat, and simmer the milk mixture for 10 minutes, stirring occasionally. Stir in the corn, and bring to a boil.
- Add the shrimp, and cook for 2 minutes or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:14.67, Inflammation Score:-7, Nutrition Score:21.416521668434%

Nutrients (% of daily need)

Calories: 391.2kcal (19.56%), Fat: 1.78g (2.74%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 63.73g (21.24%), Net Carbohydrates: 60.04g (21.83%), Sugar: 19.64g (21.83%), Cholesterol: 189.92mg (63.31%), Sodium: 930.54mg (40.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.52g (73.05%), Phosphorus: 654.47mg (65.45%), Calcium: 413.79mg (41.38%), Potassium: 1314.53mg (37.56%), Copper: 0.64mg (31.98%), Magnesium: 122.99mg (30.75%), Vitamin B2: 0.46mg (27.23%), Vitamin B6: 0.54mg (27.18%), Zinc: 3.97mg (26.47%), Folate: 105.57µg (26.39%), Vitamin B12: 1.42µg (23.68%), Vitamin A: 902.22IU (18.04%), Vitamin D: 2.69µg (17.97%), Vitamin B1: 0.25mg (16.71%), Manganese: 0.33mg (16.45%), Vitamin B3: 3.12mg (15.62%), Vitamin C: 12.85mg (15.58%), Vitamin B5: 1.49mg (14.91%), Fiber: 3.69g (14.76%), Iron: 2.15mg (11.93%), Selenium: 6.07µg (8.68%), Vitamin E: 0.3mg (2%), Vitamin K: 1.96µg (1.86%)