


 4%
HEALTH SCORE

Cajun Shrimp Chowder

 Gluten Free

READY IN

30 min.

SERVINGS

8

CALORIES

180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces asparagus cut into thirds
- 3 slices bacon
- 2 cups veggie broth
- 1 tablespoon cajun spice
- 1 cup regular corn
- 3 cloves garlic crushed
- 0.5 cup cup heavy whipping cream
- 1 teaspoon lemon pepper

- 0.5 teaspoon old bay seasoning
- 1 onion chopped
- 8 servings salt and pepper to taste
- 1 pound shrimp cooked peeled
- 14.5 Oz tomatoes diced

Equipment

- frying pan

Directions

- Grab up your frying pan and cook up the three strips of bacon. When they're cooked up, pull them out, chop them up, and drain the bacon fat, reserving about a tablespoon. Turn your heat up to medium and add in your asparagus, onion, and garlic. Cook it up for 2 to 3 minutes.
- Add in the corn and tomatoes.
- Mix it together, give it a minute or two to warm up and then add in the broth, the chopped bacon and your spices; the old bay, cajun, lemon pepper, and salt and pepper to taste.
- Let the whole kit and kaboodle heat up for a good five minutes and then add in your cream. And last but not least, grab up your shrimp and pop them into the pan. Give the whole pan a swirl or two and allow the soup a couple minutes to heat back up.
- Serve with green onions sprinkled over the top.

Nutrition Facts



PROTEIN 31.76% **FAT 45.37%** **CARBS 22.87%**

Properties

Glycemic Index:34.31, Glycemic Load:3.45, Inflammation Score:-8, Nutrition Score:9.624347826087%

Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Taste

Sweetness: 81.76%, Saltiness: 82.24%, Sourness: 85.19%, Bitterness: 31.35%, Savoriness: 58.55%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 180.16kcal (9.01%), Fat: 9.51g (14.63%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 8.47g (3.08%), Sugar: 4.38g (4.87%), Cholesterol: 113.54mg (37.85%), Sodium: 559.64mg (24.33%), Protein: 14.98g (29.95%), Vitamin A: 1475.83IU (29.52%), Phosphorus: 192.8mg (19.28%), Vitamin K: 18.6µg (17.71%), Copper: 0.34mg (16.98%), Vitamin C: 11.17mg (13.54%), Potassium: 449.92mg (12.85%), Manganese: 0.25mg (12.33%), Magnesium: 40.43mg (10.11%), Fiber: 2.31g (9.26%), Zinc: 1.33mg (8.9%), Vitamin B6: 0.17mg (8.62%), Iron: 1.48mg (8.21%), Folate: 30.76µg (7.69%), Vitamin B1: 0.12mg (7.68%), Vitamin E: 1.05mg (7%), Calcium: 68.71mg (6.87%), Vitamin B3: 1.37mg (6.83%), Vitamin B2: 0.11mg (6.57%), Selenium: 3.1µg (4.43%), Vitamin B5: 0.41mg (4.09%), Vitamin D: 0.27µg (1.81%), Vitamin B12: 0.07µg (1.08%)