

Cajun Shrimp Soup

READY IN



75 min.

SERVINGS



12

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 stalks celery chopped
- ☐ 0.5 teaspoon liquid shrimp and crab boil seasoning
- ☐ 14.8 ounce corn canned
- ☐ 0.3 teaspoon creole seasoning to taste
- ☐ 0.5 cup parsley fresh chopped
- ☐ 10 ounce regular corn frozen
- ☐ 0.5 bunch green onions chopped
- ☐ 1 pint half-and-half cream

- ☐ 1 small onion chopped
- ☐ 1 small orange bell pepper chopped
- ☐ 10.8 ounce reduced sodium cream of celery soup canned
- ☐ 10.8 ounce reduced sodium cream of mushroom soup canned
- ☐ 12 servings salt and pepper black to taste
- ☐ 2 pounds shrimp deveined peeled
- ☐ 10.8 fluid ounces water

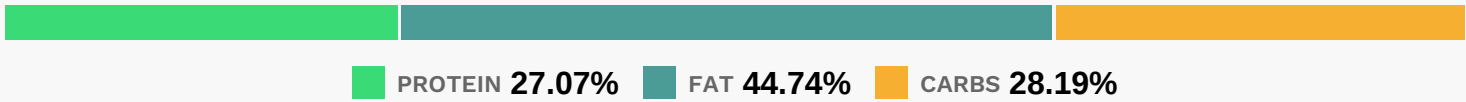
Equipment

- ☐ pot

Directions

- ☐ Melt the butter in a large pot over medium heat.
- ☐ Mix in onion, green onions, celery, and bell pepper. Cook and stir until tender.
- ☐ Pour cream of mushroom soup, cream of celery soup, 1 soup can of water, creamed corn, and frozen corn into pot. Cook 20 minutes, stirring occasionally, until heated through.
- ☐ Mix in shrimp, and cook until opaque. Stir in half and half and parsley. Reduce heat to low; continue to cook and stir 15 minutes.
- ☐ Mix in liquid shrimp and crab boil seasoning and Creole seasoning; season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:10.678260927615%

Flavonoids

Apigenin: 5.67mg, Apigenin: 5.67mg, Apigenin: 5.67mg, Apigenin: 5.67mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 267.36kcal (13.37%), Fat: 13.82g (21.25%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 19.59g (6.53%),
Net Carbohydrates: 17.59g (6.39%), Sugar: 4.27g (4.74%), Cholesterol: 157.88mg (52.63%), Sodium: 640.28mg
(27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.61%), Vitamin K: 48.2µg (45.91%),
Phosphorus: 247.62mg (24.76%), Potassium: 718.3mg (20.52%), Vitamin C: 15.67mg (19%), Vitamin A: 921.77IU
(18.44%), Copper: 0.35mg (17.3%), Calcium: 147.73mg (14.77%), Magnesium: 48.47mg (12.12%), Zinc: 1.6mg (10.67%),
Folate: 38.04µg (9.51%), Fiber: 2g (8.02%), Vitamin B2: 0.14mg (7.96%), Manganese: 0.12mg (6.19%), Vitamin B6:
0.12mg (6.08%), Iron: 0.97mg (5.39%), Vitamin B3: 0.92mg (4.61%), Vitamin B1: 0.06mg (3.74%), Vitamin E: 0.51mg
(3.37%), Vitamin B5: 0.32mg (3.18%), Selenium: 1.78µg (2.54%), Vitamin B12: 0.09µg (1.52%)