



Cheesy Shrimp Bisque

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



42 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp butter
- 0.5 cup celery sliced
- 8 oz philadelphia cream cheese cubed
- 0.3 tsp dill weed
- 0.3 cup cooking wine dry white
- 1 cup milk
- 6 oz tiny shrimp frozen thawed cooked drained
- 8 oz velveeta®

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Equipment

sauce pan

Directions

- Cook and stir celery in butter in 2-quart saucepan on medium heat until tender. Reduce heat to low.
- Stir in cream cheese and milk; cook until cream cheese is completely melted, stirring occasionally.
- Add VELVEETA, shrimp and wine; cook until VELVEETA is completely melted and mixture is heated through, stirring occasionally.
- Sprinkle with dill weed.

Nutrition Facts

 **PROTEIN 18.59%**  **FAT 72.35%**  **CARBS 9.06%**

Properties

Glycemic Index:4.23, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.92869565085224%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.94kcal (2.1%), Fat: 3.27g (5.03%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.89g (0.33%), Sugar: 0.72g (0.8%), Cholesterol: 17.74mg (5.91%), Sodium: 39.46mg (1.72%), Alcohol: 0.27g (100%), Alcohol %: 1.33% (100%), Protein: 1.89g (3.78%), Phosphorus: 29.43mg (2.94%), Vitamin A: 139.02IU (2.78%), Calcium: 22.02mg (2.2%), Vitamin B2: 0.03mg (1.77%), Potassium: 43.62mg (1.25%), Copper: 0.02mg (1.22%), Selenium: 0.81µg (1.16%), Magnesium: 4.11mg (1.03%), Zinc: 0.15mg (1.02%), Vitamin B12: 0.06µg (1.02%)