



## Corn and Shrimp Bisque

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1 tablespoon butter
- 0.3 cup cooking sherry dry
- 4 ears corn
- 3 tablespoons flour all-purpose
- 1 cup half-and-half
- 2 cups onion coarsely chopped
- 1.3 teaspoons salt
- 2 pounds shrimp unpeeled

- 1 thyme sprig fresh
- 2 tablespoons tomato paste
- 5 cups water
- 0.3 teaspoon pepper white

## Equipment

- bowl
- frying pan
- whisk
- pot
- sieve

## Directions

- Peel and devein shrimp, reserving shells. Coarsely chop shrimp. Cover shrimp and chill.
- Remove kernels from ears of corn to measure 2 cups, and set aside. Reserve the corn cobs.
- Heat a stockpot coated with cooking spray over medium-high heat.
- Add the shrimp shells and onion to pan; saut 5 minutes or until shells turn pink.
- Add corn cobs, water, bay leaf, and thyme; bring to a boil. Reduce heat, and simmer 30 minutes.
- Drain the shrimp stock into a sieve over a bowl; discard solids.
- Melt butter in a large nonstick skillet over medium heat.
- Add corn kernels; cook 2 minutes, stirring frequently.
- Add tomato paste; cook 2 minutes, stirring frequently.
- Combine sherry and flour, stirring with a whisk to form a slurry.
- Add slurry to pan; cook 1 minute, stirring constantly.
- Add shrimp stock, salt, and pepper; bring to a simmer. Cook 4 minutes or until bisque starts to thicken, stirring frequently.
- Add shrimp; cook 3 minutes or until shrimp are done. Stir in half-and-half; serve immediately.

## Nutrition Facts

PROTEIN 46.14% FAT 24.51% CARBS 29.35%

## Properties

Glycemic Index:42.83, Glycemic Load:3.57, Inflammation Score:-7, Nutrition Score:11.973912871402%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

## Nutrients (% of daily need)

Calories: 297.71kcal (14.89%), Fat: 8.23g (12.67%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 19.7g (7.16%), Sugar: 8.44g (9.38%), Cholesterol: 262.56mg (87.52%), Sodium: 767.73mg (33.38%), Alcohol: 1.03g (100%), Alcohol %: 0.25% (100%), Protein: 34.87g (69.73%), Phosphorus: 441.92mg (44.19%), Copper: 0.71mg (35.35%), Magnesium: 90.94mg (22.74%), Potassium: 759.28mg (21.69%), Zinc: 2.65mg (17.66%), Calcium: 164.58mg (16.46%), Manganese: 0.28mg (13.97%), Vitamin C: 9.85mg (11.94%), Folate: 44.33µg (11.08%), Vitamin B1: 0.16mg (10.87%), Fiber: 2.48g (9.9%), Vitamin B2: 0.16mg (9.15%), Iron: 1.64mg (9.13%), Vitamin A: 404.64IU (8.09%), Vitamin B6: 0.16mg (7.96%), Vitamin B3: 1.57mg (7.84%), Vitamin B5: 0.64mg (6.44%), Selenium: 3.51µg (5.01%), Vitamin E: 0.44mg (2.93%), Vitamin K: 1.74µg (1.66%), Vitamin B12: 0.08µg (1.34%)