



## Corn and Shrimp Chowder

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



7

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 0.5 cup onion coarsely chopped
- 0.5 cup celery coarsely chopped
- 6 small potatoes - remove skin red cut into 1/2-inch pieces
- 2 cups corn frozen
- 0.3 teaspoon thyme leaves dried
- 32 oz chicken broth (4 cups)
- 0.3 cup oats gold wondra®

- 12 oz shrimp frozen thaw deveined uncooked peeled (do not )
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 2 cups frangelico

## Equipment

- whisk
- dutch oven

## Directions

- In 5- to 6-quart Dutch oven, cook bacon over medium-high heat 5 to 6 minutes, stirring frequently, until crisp. Stir in onion, celery, potatoes, frozen corn and thyme. Cook 5 to 6 minutes, stirring frequently, until onion and celery are softened.
- With wire whisk, beat in broth and flour.
- Heat to boiling. Reduce heat to medium; cover and cook about 15 minutes, stirring occasionally, until potatoes are tender and soup is slightly thickened.
- Stir in half-and-half, shrimp, salt and pepper. Cover; cook 5 to 6 minutes, stirring occasionally, until shrimp are pink.

## Nutrition Facts



## Properties

Glycemic Index:28.71, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:12.716086847627%

## Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 266.19kcal (13.31%), Fat: 6.31g (9.7%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 33.88g (12.32%), Sugar: 3.06g (3.4%), Cholesterol: 89.13mg (29.71%), Sodium: 822.88mg (35.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.13%), Potassium: 1024.87mg (29.28%), Phosphorus: 275.63mg (27.56%), Manganese: 0.51mg (25.49%), Copper: 0.45mg (22.64%), Vitamin C: 17.11mg (20.74%), Vitamin B6: 0.39mg (19.39%), Magnesium: 76.89mg (19.22%), Fiber: 4.4g (17.59%), Vitamin B1: 0.25mg (16.73%), Vitamin B3: 3.32mg (16.59%), Folate: 50.82µg (12.7%), Zinc: 1.82mg (12.17%), Iron: 1.97mg (10.94%), Vitamin B2: 0.18mg (10.85%), Selenium: 5.22µg (7.46%), Vitamin B5: 0.68mg (6.79%), Vitamin K: 6.54µg (6.23%), Calcium: 60.8mg (6.08%), Vitamin B12: 0.09µg (1.48%), Vitamin A: 55.54IU (1.11%), Vitamin E: 0.16mg (1.09%)