



Corn-and-Shrimp Tortilla Soup

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

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced drained canned
- 8 ounce bottled clam juice
- 4 6-inch corn tortillas cut into 1/4-inch strips ()
- 16 ounce less-sodium chicken broth fat-free canned
- 0.3 cup cilantro leaves fresh chopped
- 2 cups corn kernels fresh (4 ears)
- 2 garlic cloves minced

- 0.5 cup green onions chopped
- 1 teaspoon ground cumin
- 2 jalapeño peppers minced seeded
- 0.3 cup juice of lime
- 1 teaspoon oregano dried
- 1 cup bell pepper red chopped
- 1.5 pounds shrimp deveined peeled
- 1.5 tablespoons vegetable oil divided

Equipment

- bowl
- frying pan
- paper towels
- ladle
- dutch oven

Directions

- Heat 1 tablespoon oil in a Dutch oven over medium-high heat.
- Add tortilla strips, and saut 4 minutes or until crisp.
- Remove strips, and drain on paper towels.
- Add 1 1/2 teaspoons oil to pan.
- Add bell pepper and next 5 ingredients (bell pepper through tomatoes); saut 4 minutes. Stir in broth and clam juice; bring to a boil. Reduce heat, and simmer 5 minutes.
- Add corn and shrimp; cook 3 minutes or until shrimp are done.
- Remove from heat; stir in onions, cilantro, lime juice, and black pepper. Ladle soup into bowls. Divide strips evenly over each serving.
- Note: To freeze up to 1 month, place cooled soup in an airtight container. Thaw in the refrigerator.

Nutrition Facts



■ PROTEIN **39.27%** ■ FAT **18.24%** ■ CARBS **42.49%**

Properties

Glycemic Index:72.13, Glycemic Load:8.05, Inflammation Score:-9, Nutrition Score:27.519130395806%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 398.81kcal (19.94%), Fat: 8.6g (13.23%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 38.1g (13.85%), Sugar: 13.79g (15.32%), Cholesterol: 273.86mg (91.29%), Sodium: 1035.4mg (45.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.67g (83.34%), Vitamin C: 80.88mg (98.03%), Phosphorus: 586.22mg (58.62%), Copper: 1.01mg (50.51%), Vitamin K: 50.59µg (48.19%), Vitamin A: 1898.62IU (37.97%), Potassium: 1255.04mg (35.86%), Magnesium: 142.86mg (35.72%), Manganese: 0.64mg (31.79%), Fiber: 6.99g (27.95%), Vitamin B6: 0.51mg (25.4%), Zinc: 3.52mg (23.49%), Iron: 4.11mg (22.83%), Vitamin B3: 4.3mg (21.52%), Calcium: 206.53mg (20.65%), Folate: 81.24µg (20.31%), Vitamin E: 2.96mg (19.76%), Vitamin B1: 0.28mg (18.34%), Vitamin B5: 1.21mg (12.06%), Vitamin B2: 0.2mg (11.61%), Selenium: 5.79µg (8.27%), Vitamin B12: 0.24µg (4.06%)