



Corn Chowder with Shrimp

 Gluten Free

READY IN



390 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 2 carrots cut into 1/4-inch rounds
- ☐ 0.3 cup parsley fresh chopped
- ☐ 32 oz corn frozen
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 onion finely chopped
- ☐ 1 bell pepper diced red seeded

- ☐ 2 baking potatoes diced
- ☐ 6 servings salt and pepper
- ☐ 1 pound shrimp deveined peeled

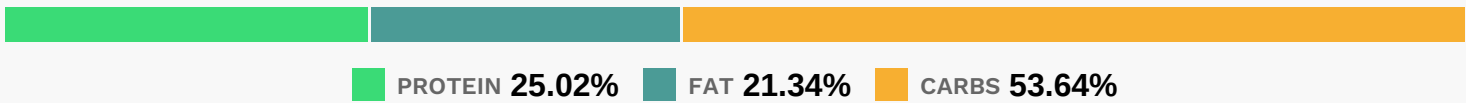
Equipment

- ☐ blender
- ☐ slow cooker

Directions

- ☐ Combine chicken broth, corn, onion, bell pepper, carrots, potatoes, bay leaf, 1 cup water and 1 tsp. salt in slow cooker. Cover and cook on low until vegetables are tender, about 6 hours.
- ☐ Puree 3 cups of soup in a blender and return to slow cooker. Stir in shrimp. Cover and cook until shrimp are pink and firm, 10 to 15 minutes. Stir in cream, if desired, and cook until warmed through, about 2 minutes. Season with salt and pepper, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:23.989564968192%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 382.91kcal (19.15%), Fat: 9.87g (15.19%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 49.3g (17.93%), Sugar: 3.82g (4.24%), Cholesterol: 144.13mg (48.04%), Sodium: 364.38mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.09%), Vitamin A: 4528.17IU (90.56%), Vitamin C: 46.33mg (56.16%), Vitamin K: 46.64µg (44.42%), Phosphorus: 410.14mg (41.01%), Potassium: 1241.98mg (35.49%), Vitamin B6: 0.65mg (32.43%), Vitamin B3: 5.89mg (29.47%), Copper: 0.55mg (27.59%), Fiber: 6.54g (26.16%), Magnesium: 102.06mg (25.52%), Folate: 91.51µg (22.88%), Manganese: 0.46mg (22.82%), Zinc: 2.64mg (17.6%),

Vitamin B1: 0.25mg (16.84%), Vitamin B2: 0.28mg (16.3%), Iron: 2.73mg (15.17%), Calcium: 99.07mg (9.91%), Vitamin B5: 0.86mg (8.58%), Vitamin E: 0.66mg (4.4%), Selenium: 2.22µg (3.18%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.32µg (2.12%)