



Creamy Chipotle Shrimp Bisque

READY IN



24 min.

SERVINGS



5

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 10.5 ounce condensed chicken broth undiluted canned
- ☐ 1 chipotle chile in adobo sauce finely chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup half-and-half fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup green onions sliced (8 small)
- ☐ 0.3 cup butter light

- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon old bay seasoning
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 8 ounces shrimp deveined peeled coarsely chopped

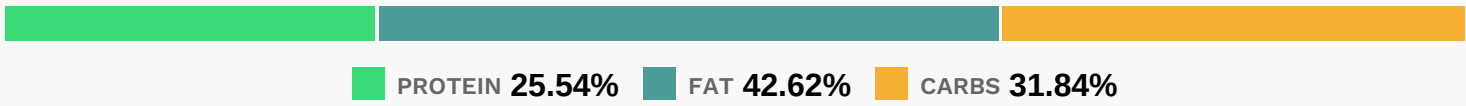
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a large saucepan over medium heat; coat with cooking spray.
- ☐ Add onions; cook 1 minute or until tender.
- ☐ Add butter, stirring until butter melts.
- ☐ Add flour; cook 1 minute, stirring constantly. Gradually stir in tomatoes and next 6 ingredients. Cook 9 minutes or until slightly thickened, stirring occasionally.
- ☐ Pour tomato mixture into a blender; process until smooth. Return tomato mixture to pan.
- ☐ Stir in shrimp. Cook 3 minutes or until shrimp are done. Divide soup evenly into bowls and top each serving with sour cream.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:4.58, Inflammation Score:-9, Nutrition Score:13.018695722456%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin:

0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 222.04kcal (11.1%), Fat: 10.13g (15.58%), Saturated Fat: 5.96g (37.27%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 14.02g (5.1%), Sugar: 6.07g (6.75%), Cholesterol: 96.17mg (32.06%), Sodium: 435.63mg (18.94%), Alcohol: 2.47g (100%), Alcohol %: 1.05% (100%), Protein: 13.65g (27.31%), Vitamin K: 58.52µg (55.74%), Phosphorus: 200.93mg (20.09%), Copper: 0.38mg (18.99%), Manganese: 0.36mg (18.24%), Potassium: 573.81mg (16.39%), Calcium: 157.93mg (15.79%), Vitamin A: 748.37IU (14.97%), Iron: 2.66mg (14.77%), Vitamin C: 11.98mg (14.52%), Vitamin B2: 0.22mg (12.88%), Magnesium: 50.78mg (12.7%), Fiber: 3g (11.98%), Vitamin E: 1.64mg (10.93%), Vitamin B1: 0.15mg (9.91%), Folate: 38.97µg (9.74%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.39mg (9.27%), Vitamin B3: 1.65mg (8.23%), Selenium: 4µg (5.71%), Vitamin B12: 0.25µg (4.11%), Vitamin B5: 0.4mg (4.02%), Vitamin D: 0.17µg (1.11%)