



 **11%**
HEALTH SCORE

Creamy Shrimp Bisque

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 celery stalks chopped
- 3 spring onion chopped (white & green parts)
- 4 Tbs butter
- 1 Tbs garlic minced
- 0.3 C flour
- 2 C half and half
- 3.5 C fish stock
- 3 Tbs parsley
- 12 Oz shrimp cooked

- 15 oz potatoes diced
- 1 Tsp ground pepper
- 1 Tbs onion powder
- 1 Tsp garlic powder
- 1 Tsp bay leaves
- 4 servings salt and pepper to taste

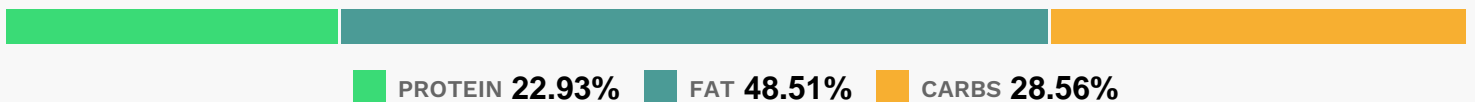
Equipment

- bowl
- sauce pan

Directions

- In a medium saucepan, add the celery, onion and butter stirring occasionally until tender for about 10 minutes. When tender add the garlic and saut for another 3-4 minutes. Stir in the flour and cook for about 5 minutes to take out the flour taste then add the potatoes, half and half.
- Let simmer over medium heat for another 5 minutes. Stir in the fish stock, parsley and all of the seasonings then let this cook for another 10 minutes and it gets thick and bubbly.
- Add the shrimp meat and simmer for another 10 minutes.
- Side Note: My husband and I decided that even though this bisque was amazing the way it was it could also benefit from some smoky bacon. So next time, I will cook up some bacon pieces then set them aside and cook the onion and celery in the bacon drippings. Once the bisque is ladled into bowls, sprinkle the top with the crispy bacon.

Nutrition Facts



Properties

Glycemic Index:92.94, Glycemic Load:19.78, Inflammation Score:-8, Nutrition Score:21.410869565217%

Flavonoids

Apigenin: 6.2mg, Apigenin: 6.2mg, Apigenin: 6.2mg, Apigenin: 6.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Taste

Sweetness: 24.52%, Saltiness: 88.46%, Sourness: 8.26%, Bitterness: 9.22%, Savoriness: 20.23%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 504.07kcal (25.2%), Fat: 27.51g (42.32%), Saturated Fat: 16.25g (101.57%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 32.93g (11.97%), Sugar: 6.52g (7.24%), Cholesterol: 209.81mg (69.94%), Sodium: 1152.5mg (50.11%), Protein: 29.26g (58.52%), Vitamin K: 71.47µg (68.07%), Phosphorus: 455.03mg (45.5%), Vitamin C: 29.03mg (35.18%), Potassium: 1119.96mg (32%), Copper: 0.62mg (30.86%), Calcium: 289.79mg (28.98%), Vitamin A: 1329.36IU (26.59%), Vitamin B3: 4.96mg (24.79%), Vitamin B2: 0.41mg (24.1%), Vitamin B6: 0.47mg (23.68%), Magnesium: 78.39mg (19.6%), Manganese: 0.37mg (18.46%), Zinc: 2.42mg (16.14%), Iron: 2.83mg (15.7%), Folate: 61.76µg (15.44%), Vitamin B1: 0.23mg (15.23%), Selenium: 10.18µg (14.55%), Fiber: 3.52g (14.06%), Vitamin E: 1.19mg (7.94%), Vitamin B5: 0.78mg (7.79%), Vitamin B12: 0.47µg (7.79%)