



## Crema de Camarones (Creamy Shrimp Soup)

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 tablespoons butter
- 2 carrots grated peeled
- 2 tablespoons flour
- 6 servings cilantro leaves fresh chopped
- 3 garlic cloves minced
- 1 cup heavy cream
- 3 cups warm milk
- 1 onion finely chopped

- 1 large potatoes cooked mashed
- 6 servings salt and pepper to taste
- 1 pound shrimp deveined peeled
- 2 cups water
- 3 tablespoons white wine

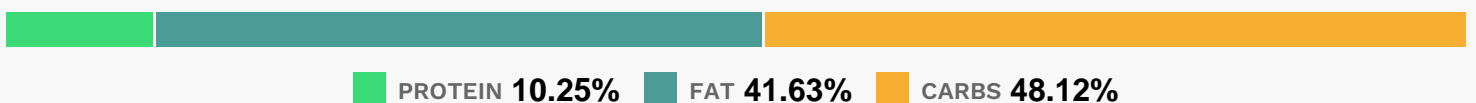
## Equipment

- bowl
- ladle
- whisk
- pot

## Directions

- Place the shells in a small pot with the water. Bring to a boil, reduce the heat to low and simmer, uncovered, for about 15 minutes. Strain the liquid and discard the shells. Meanwhile, in a medium pot over medium heat, melt the butter.
- Add the onion, garlic and carrots. Cook until soft, about 2 minutes.
- Add the flour and season with salt and pepper. Stir and cook for 2 minutes more. Gradually whisk in the warm milk, reduce the heat to medium-low and continue cooking for about 3 minutes.
- Add the mashed potatoes and stir until combined.
- Add the shrimp water and cook for about 5 minutes more.
- Add the shrimp, cream, wine, salt and pepper. Cook for 4 minutes more and adjust the seasonings to your taste. Ladle the soup into bowls and garnish with cilantro or parsley.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:73.26, Glycemic Load:35.3, Inflammation Score:-10, Nutrition Score:22.493043567823%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

## Nutrients (% of daily need)

Calories: 669.45kcal (33.47%), Fat: 30.87g (47.5%), Saturated Fat: 18.83g (117.71%), Carbohydrates: 80.29g (26.76%), Net Carbohydrates: 75.53g (27.47%), Sugar: 11.37g (12.63%), Cholesterol: 89.56mg (29.85%), Sodium: 368.54mg (16.02%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 17.1g (34.2%), Vitamin A: 4535.97IU (90.72%), Selenium: 52.79µg (75.42%), Manganese: 0.9mg (44.86%), Phosphorus: 346.35mg (34.63%), Vitamin B6: 0.45mg (22.56%), Calcium: 220.1mg (22.01%), Potassium: 757.95mg (21.66%), Vitamin B2: 0.34mg (20.28%), Magnesium: 78.68mg (19.67%), Fiber: 4.76g (19.02%), Vitamin C: 15.4mg (18.67%), Copper: 0.33mg (16.41%), Vitamin B1: 0.24mg (15.94%), Zinc: 1.99mg (13.23%), Vitamin D: 1.98µg (13.18%), Vitamin B12: 0.75µg (12.43%), Vitamin B3: 2.48mg (12.41%), Vitamin B5: 1.18mg (11.81%), Iron: 1.77mg (9.83%), Folate: 37.56µg (9.39%), Vitamin K: 6.99µg (6.66%), Vitamin E: 0.98mg (6.55%)