



Creole Shrimp Bisque

 Vegetarian

READY IN



105 min.

SERVINGS



18

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.8 cup butter
- ☐ 1 medium carrots cut into chunks
- ☐ 0.3 teaspoon cayenne
- ☐ 3 celery stalks cut into chunks
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup flour
- ☐ 4 garlic cloves halved lengthwise

- ☐ 2 cups half-and-half
- ☐ 1.5 teaspoons kosher salt
- ☐ 3 cups chicken broth reduced-sodium
- ☐ 1 medium onion peeled quartered
- ☐ 3 oregano sprigs
- ☐ 1 tablespoon paprika
- ☐ 2 thyme sprigs fresh for garnish

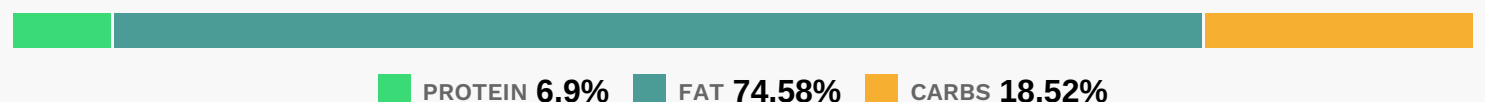
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ In a large saucepan, combine shrimp shells, 3 cups broth, the wine, onion, garlic, celery, carrot, oregano and thyme sprigs, and peppercorns. Bring to a boil, then simmer, covered, 30 minutes. Strain into a large glass measuring cup; if you have less than 3 1/2 cups, add more broth.
- ☐ Melt butter in same pan over medium heat. Stir in flour, paprika, and cayenne and cook, stirring often, until mixture just starts to darken and smell nutty, about 3 minutes.
- ☐ Whisk in broth mixture and half-and-half, increase heat, and continue whisking until mixture boils and thickens, about 8 minutes. If bisque is too thick, add a little more broth. Stir in salt and shrimp, remove from heat, and let sit until shrimp pieces are pink on the outside and opaque but still moist-looking inside (cut to test), about 3 minutes.
- ☐ Ladle bisque into shooter glasses or small cups and sprinkle thyme leaves on top.

Nutrition Facts



Properties

Glycemic Index:22.49, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:3.656086963156%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 139.87kcal (6.99%), Fat: 11.12g (17.11%), Saturated Fat: 6.85g (42.79%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.63g (2.05%), Sugar: 1.79g (1.99%), Cholesterol: 29.75mg (9.92%), Sodium: 287.12mg (12.48%), Alcohol: 1.37g (100%), Alcohol %: 1.66% (100%), Protein: 2.31g (4.63%), Vitamin A: 1112.76IU (22.26%), Vitamin B2: 0.1mg (5.75%), Phosphorus: 51.76mg (5.18%), Manganese: 0.1mg (4.86%), Vitamin B3: 0.89mg (4.46%), Calcium: 43.04mg (4.3%), Potassium: 122.81mg (3.51%), Selenium: 2.32µg (3.31%), Vitamin K: 3.32µg (3.17%), Vitamin E: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.99%), Vitamin B6: 0.06mg (2.91%), Iron: 0.51mg (2.83%), Folate: 10.33µg (2.58%), Fiber: 0.58g (2.31%), Magnesium: 8.2mg (2.05%), Copper: 0.04mg (2.02%), Vitamin B12: 0.11µg (1.78%), Zinc: 0.25mg (1.64%), Vitamin C: 1.33mg (1.61%), Vitamin B5: 0.15mg (1.45%)