



Curried Butternut-Shrimp Bisque

 Gluten Free

READY IN



55 min.

SERVINGS



25

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 43.5 ounce chicken broth divided canned
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 3 tablespoons butter unsalted

- ☐ 1 cup whipping cream
- ☐ 25 servings garnishes: whipping cream
- ☐ 1 large onion yellow chopped

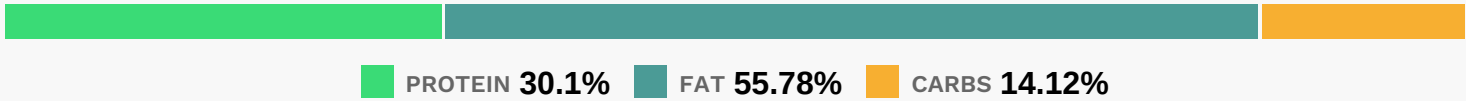
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Peel shrimp, and devein, if desired. Set aside.
- ☐ Melt butter in a 4-quart heavy saucepan over medium-high heat; add onion, and saut 7 to 8 minutes or until tender. Reduce heat to medium; add squash, and cook, stirring occasionally, 15 minutes or until tender.
- ☐ Add 1 can broth, shrimp, curry, and thyme, and cook 2 to 3 minutes or just until shrimp turn pink.
- ☐ Let cool slightly.
- ☐ Process mixture in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Return mixture to saucepan; add remaining broth, and bring to a boil. Stir in 1 cup whipping cream, salt, and pepper; reduce heat to low, and simmer 5 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.13, Inflammation Score:-10, Nutrition Score:11.630434865537%

Flavonoids

Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 229.68kcal (11.48%), Fat: 14.39g (22.14%), Saturated Fat: 7.65g (47.81%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 6.93g (2.52%), Sugar: 2.18g (2.42%), Cholesterol: 85.19mg (28.4%), Sodium: 291.94mg (12.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.95%), Vitamin A: 6287.3IU (125.75%), Phosphorus: 149.32mg (14.93%), Vitamin C: 12.08mg (14.64%), Selenium: 10.16µg (14.52%), Zinc: 1.64mg (10.92%), Potassium: 350.63mg (10.02%), Vitamin B6: 0.2mg (9.8%), Vitamin B3: 1.87mg (9.35%), Magnesium: 37.1mg (9.28%), Vitamin B12: 0.54µg (8.92%), Vitamin E: 1.25mg (8.34%), Copper: 0.14mg (7.09%), Iron: 1.25mg (6.96%), Manganese: 0.13mg (6.72%), Vitamin B2: 0.11mg (6.43%), Calcium: 64.18mg (6.42%), Fiber: 1.26g (5.06%), Folate: 18.23µg (4.56%), Vitamin B1: 0.06mg (4.19%), Vitamin K: 3.52µg (3.35%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.29mg (2.89%)