



Curried Shrimp-and-Corn Chowder

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz chicken broth canned
- 8 servings roasted peanuts toasted thinly sliced coarsely chopped
- 2 teaspoons curry powder
- 2 cups ears corn fresh (5 ears)
- 2 garlic clove chopped
- 13.5 oz lite coconut milk unsweetened canned
- 2 tablespoons olive oil
- 0.3 teaspoon pepper

- 1 pound shrimp raw peeled ()
- 1 teaspoon salt
- 1 medium size onion diced sweet
- 1 lb sweet potatoes and into diced peeled
- 14 oz yukon gold potatoes diced peeled

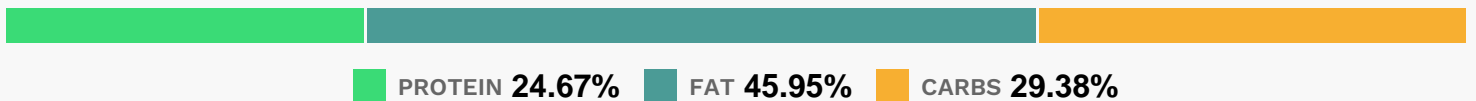
Equipment

- dutch oven

Directions

- Saut onion in hot oil in a Dutch oven over medium heat 5 minutes or until tender; add garlic, and saut 1 minute.
- Add Yukon gold potatoes and next 7 ingredients; bring to a boil, stirring often. Reduce heat, and simmer, stirring occasionally, 25 minutes or until potatoes are tender. Stir in shrimp; cook 4 to 5 minutes or just until shrimp turn pink. Season with salt and pepper to taste.
- Serve with desired toppings.
- TRY THIS TWIST!
- Shrimp-and-Corn Chowder: We're big curry fans, but you can just as easily make a traditional chowder. Substitute 1 (12-oz.) can evaporated milk for lite coconut milk. Omit curry powder.

Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:12.06, Inflammation Score:-10, Nutrition Score:25.471739040769%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 510.82kcal (25.54%), Fat: 26.66g (41.01%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 31.59g (11.49%), Sugar: 7.13g (7.92%), Cholesterol: 96.25mg (32.08%), Sodium: 1063.87mg (46.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.4%), Vitamin A: 8308.3IU (166.17%), Manganese: 1.08mg (53.92%), Phosphorus: 431.7mg (43.17%), Selenium: 29.27µg (41.82%), Vitamin B3: 8.24mg (41.19%), Vitamin B6: 0.63mg (31.5%), Magnesium: 116.59mg (29.15%), Fiber: 6.76g (27.03%), Potassium: 931.48mg (26.61%), Copper: 0.52mg (25.78%), Folate: 89.28µg (22.32%), Zinc: 2.96mg (19.7%), Vitamin C: 15.88mg (19.24%), Vitamin B12: 1.13µg (18.76%), Vitamin B1: 0.27mg (17.76%), Vitamin B5: 1.5mg (15%), Iron: 2.67mg (14.81%), Vitamin E: 1.71mg (11.39%), Calcium: 103.77mg (10.38%), Vitamin B2: 0.16mg (9.68%), Vitamin K: 6.23µg (5.93%)