



Curried Spinach Soup

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 49 oz chicken broth low-sodium canned
- 5 servings curry powder
- 20 oz pkt spinach frozen
- 2 cups tiny shrimp shelled cooked
- 5 servings cup heavy whipping cream sour

Equipment

- bowl
- frying pan

blender

Directions

- To about 2 cups of the chicken broth add frozen spinach and bring to a boil over high heat, breaking spinach apart as it thaws. Whirl mixture in a blender until smooth, a portion at a time, then return to pan and add remaining broth. Season soup to taste with curry powder (start with 1 teaspoon) and bring to simmering on high heat, stirring occasionally.
- Add shelled cooked tiny shrimp.
- Serve soup in bowls and add sour cream to taste.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:25.922173883604%

Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 5.26g (8.1%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 5.62g (2.05%), Sugar: 1.54g (1.71%), Cholesterol: 159.44mg (53.15%), Sodium: 284.12mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.23%), Vitamin K: 423.02µg (402.88%), Vitamin A: 13381.68IU (267.63%), Manganese: 0.87mg (43.69%), Folate: 166.69µg (41.67%), Phosphorus: 354.04mg (35.4%), Copper: 0.69mg (34.27%), Magnesium: 124.69mg (31.17%), Potassium: 911.55mg (26.04%), Vitamin E: 3.55mg (23.69%), Calcium: 234.86mg (23.49%), Vitamin B3: 4.43mg (22.13%), Vitamin B2: 0.36mg (21.2%), Iron: 3.52mg (19.57%), Zinc: 2.26mg (15.07%), Fiber: 3.62g (14.48%), Vitamin B6: 0.24mg (11.96%), Selenium: 7.42µg (10.6%), Vitamin C: 6.46mg (7.83%), Vitamin B1: 0.11mg (7.43%), Vitamin B12: 0.3µg (5.05%), Vitamin B5: 0.15mg (1.47%)