



Dinner Tonight: Dark Chile Shrimp Soup with Epazote



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots peeled cut into 1/4-inch chunks
- ☐ 2 quarts chicken broth
- ☐ 4 pepper flakes dried cut into 1-inch strips
- ☐ 1 ounce fish sauce dried
- ☐ 6 cloves garlic peeled cut in half
- ☐ 2 lime cut into wedges
- ☐ 2 tablespoons olive oil

- ☐ 1 pound potatoes – remove skin red cut into 1/4-inch chunks (4)
- ☐ 4 servings salt and pepper
- ☐ 1 pound shrimp deveined peeled (medium-small)

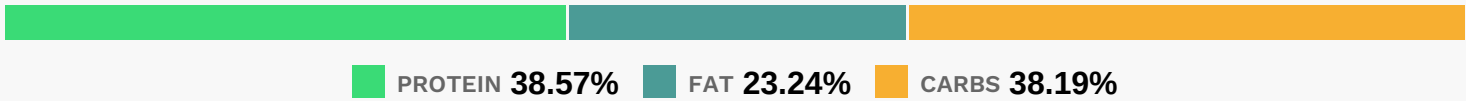
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Pour the olive oil into a large pot over medium heat.
- ☐ Add the chiles and the garlic. Cook, stirring often, until they are very fragrant, about one minute.
- ☐ Add the dried shrimp along with 1 quart of the stock. Reduce heat to medium-low, cover, and cook for 30 minutes.
- ☐ Carefully pour mixture into a blender and process until smooth. Be careful. Blend in batches.
- ☐ Pour the soup back in the pot through a strainer, to remove all the bits of hard chile skin.
- ☐ Pour in the other quart of chicken stock. Dump in the potatoes, carrots, and the epazote. Season the stock with salt and pepper to taste. Bring the mixture back to a simmer, cover, and cook for 30 minutes.
- ☐ Add the shrimp, turn off the heat, and wait for one minute. Fish out the sprigs of epazote and discard. Ladle some of the soup into a bowl, season with salt, and squeeze in some fresh lime juice.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:25.794347975565%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 348.48kcal (17.42%), Fat: 9.45g (14.54%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 29.58g (10.76%), Sugar: 9.39g (10.43%), Cholesterol: 272.83mg (90.94%), Sodium: 2401.82mg (104.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.56%), Vitamin A: 10653.62IU (213.07%), Vitamin C: 89.17mg (108.08%), Copper: 0.79mg (39.36%), Phosphorus: 384.39mg (38.44%), Potassium: 1292.93mg (36.94%), Manganese: 0.66mg (33.24%), Vitamin B6: 0.57mg (28.74%), Vitamin B2: 0.4mg (23.53%), Magnesium: 90.18mg (22.54%), Fiber: 5.34g (21.37%), Vitamin K: 22.13µg (21.08%), Vitamin B1: 0.28mg (18.86%), Vitamin B3: 3.6mg (17.99%), Iron: 3.22mg (17.91%), Calcium: 177.01mg (17.7%), Zinc: 2.58mg (17.19%), Vitamin E: 2mg (13.33%), Folate: 45.17µg (11.29%), Vitamin B5: 0.72mg (7.15%), Selenium: 3.52µg (5.03%), Vitamin B12: 0.09µg (1.58%)