



## Fresh Potato Soup with Shrimp

READY IN



35 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 1 small onion diced
- 2 carrots diced peeled
- 2 tablespoons flour all-purpose
- 2 lb baking potatoes fresh peeled cut into 1/2-inch cubes ( 4 medium)
- 6 cups milk
- 1 tablespoon chicken soup base
- 1 teaspoon salt
- 0.5 teaspoon pepper

1 lb shrimp deveined cooked peeled cut in half

1 cup frangelico

## Equipment

dutch oven

## Directions

In 5-quart Dutch oven, melt butter over medium-high heat. Cook and stir onion and carrots in butter about 5 minutes or until crisp-tender. Stir in flour; cook 1 minute.

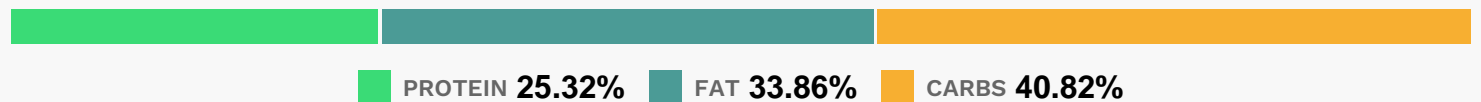
Add potatoes, milk and bouillon granules. Cook, uncovered, about 15 minutes or until potatoes are tender. Reduce heat to low.

Add half-and-half, salt and pepper; cook 2 to 3 minutes, stirring occasionally, until hot. Reduce heat to low.

Add shrimp; cook 1 minute.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:44.2, Glycemic Load:21.08, Inflammation Score:-9, Nutrition Score:16.236956534178%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 317kcal (15.85%), Fat: 12.14g (18.68%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.81g (11.2%), Sugar: 10.72g (11.91%), Cholesterol: 128.58mg (42.86%), Sodium: 639.13mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.87%), Vitamin A: 3023.4IU (60.47%), Phosphorus: 381.37mg (38.14%), Calcium: 287.05mg (28.71%), Potassium: 965.99mg (27.6%), Vitamin B6: 0.54mg (26.82%), Vitamin B2: 0.32mg (18.57%), Magnesium: 71.72mg (17.93%), Copper: 0.36mg (17.76%), Vitamin B12: 1µg (16.7%),

Vitamin B1: 0.23mg (15.03%), Vitamin D: 2.01µg (13.42%), Manganese: 0.27mg (13.38%), Zinc: 1.91mg (12.75%),  
Vitamin B5: 1.1mg (10.98%), Vitamin C: 8.02mg (9.72%), Fiber: 2.13g (8.53%), Vitamin B3: 1.66mg (8.28%), Iron:  
1.44mg (8.02%), Selenium: 4.88µg (6.97%), Folate: 24.3µg (6.08%), Vitamin K: 5.34µg (5.09%), Vitamin E: 0.38mg  
(2.5%)