



## Leek and Potato Soup with Shrimp and Corn

 Gluten Free

READY IN



395 min.

SERVINGS



6

CALORIES



285 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 slices bacon diced thick
- 1 tablespoon add carrot and onion to bacon fat . cook
- 1 pinch cayenne pepper
- 2 stalks celery chopped
- 4 cups chicken broth
- 2 tablespoons cornstarch
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon parsley fresh chopped

- 3 sprigs thyme leaves fresh
- 1 cup regular corn sweet frozen
- 2 cloves garlic minced
- 0.5 teaspoon ground paprika
- 6 servings salt and ground pepper black to taste
- 3 leeks white green thinly sliced ( and pale parts only)
- 0.5 cup milk
- 4 potatoes red cut into 1-inch pieces
- 18 large tiger prawns
- 1 tablespoon water

## Equipment

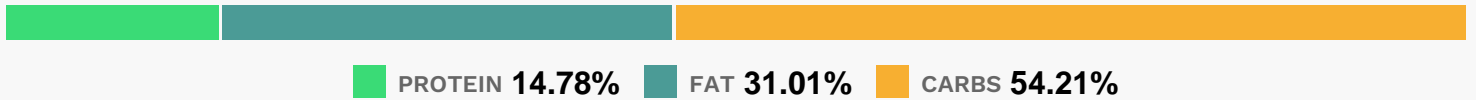
- bowl
- frying pan
- paper towels
- pot
- slow cooker
- kitchen twine

## Directions

- Cook and stir bacon in a skillet over medium heat until evenly browned, about 10 minutes.
- Drain bacon on a paper towel-lined plate, reserving about 1 tablespoon bacon grease in the skillet.
- Cook and stir leeks and celery in bacon grease over medium heat until leeks soften, about 5 minutes.
- Stir garlic into leek mixture until fragrant, about 2 minutes more.
- Transfer mixture to a slow cooker.
- Place drained bacon, potatoes, chicken broth, 2 cups water, dried thyme, paprika, cayenne pepper, salt, and black pepper in the slow cooker.

- Tie sprigs of fresh thyme together with kitchen string and add to the slow cooker.
- Cook on High for 4 hours; add corn and cook for 1 more hour.
- Reduce heat to Low; stir in milk and cook uncovered until slightly thickened, 30 to 40 minutes.
- Meanwhile, bring a pot of water a boil. Cook tiger shrimp in boiling water until they are bright pink and no longer translucent in the center, about 3 minutes.
- Drain. Allow shrimp to cool slightly before peeling.
- Mix cornstarch and 1 tablespoon water in a bowl until combined.
- Stir cornstarch mixture into slow cooker and heat until the soup thickens, about 3 minutes.
- Stir peeled shrimp and parsley into soup.
- Remove fresh thyme sprigs and season soup with salt and black pepper before serving.

## Nutrition Facts



## Properties

Glycemic Index:57.25, Glycemic Load:4.97, Inflammation Score:-9, Nutrition Score:16.760000197784%

## Flavonoids

Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 285.05kcal (14.25%), Fat: 10.13g (15.58%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 35.54g (12.92%), Sugar: 6.6g (7.33%), Cholesterol: 43.93mg (14.64%), Sodium: 854.93mg (37.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.72%), Vitamin K: 41.86µg (39.86%), Manganese: 0.6mg (30.08%), Potassium: 945.26mg (27.01%), Vitamin C: 21.43mg (25.98%), Vitamin B6: 0.5mg (24.77%), Phosphorus: 228.01mg (22.8%), Vitamin A: 1131.17IU (22.62%), Vitamin B3: 3.66mg (18.3%), Folate: 70.35µg (17.59%), Vitamin B1: 0.26mg (17.42%), Fiber: 4.3g (17.2%), Copper: 0.34mg (17.04%), Selenium: 11.67µg (16.68%), Magnesium: 64.39mg (16.1%), Iron: 2.63mg (14.64%), Vitamin B2: 0.22mg (13.06%), Calcium: 97.22mg (9.72%), Vitamin B5: 0.95mg (9.47%), Zinc: 1.31mg (8.76%), Vitamin B12: 0.45µg (7.46%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.36µg (2.41%)