



WHATSheATE



Low Country Shrimp Chowder

READY IN



40 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 stalks celery diced
- ☐ 1.3 cups corn kernels from 2 ears corn
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 bell pepper diced green
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 cups milk reduced-fat 2 percent
- ☐ 1 teaspoon old bay seasoning
- ☐ 1 bunch scallions white green separated thinly sliced and parts

- ☐ 1 pound shrimp deveined peeled
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup rice long-grain white

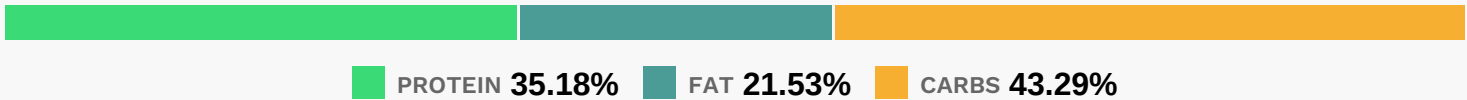
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat the butter in a large pot over medium-high heat.
- ☐ Add the scallion whites, celery and bell pepper and cook, stirring occasionally, until the vegetables are crisp-tender, about 4 minutes.
- ☐ Add the flour and Old Bay Seasoning and cook, stirring, until the flour is lightly toasted, about 1 minute.
- ☐ Add the milk, 6 cups water and the rice. Bring to a rapid simmer, then reduce the heat to medium and cook until the rice is tender, about 15 minutes.
- ☐ Add the corn to the pot and cook 3 minutes. Stir in the shrimp and cook until they curl and turn opaque, about 3 more minutes. Season the chowder with salt and pepper and stir in the sherry. Ladle into bowls and top with the scallion greens.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:56.3, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:15.952173720235%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin:

0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 344.99kcal (17.25%), Fat: 8.33g (12.81%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 35.18g (12.79%), Sugar: 9.34g (10.38%), Cholesterol: 203.52mg (67.84%), Sodium: 499.99mg (21.74%), Alcohol: 0.39g (100%), Alcohol %: 0.13% (100%), Protein: 30.6g (61.21%), Phosphorus: 434.61mg (43.46%), Vitamin C: 26.55mg (32.18%), Copper: 0.56mg (27.75%), Calcium: 252.24mg (25.22%), Manganese: 0.48mg (24.13%), Vitamin K: 25.17µg (23.97%), Potassium: 713.67mg (20.39%), Magnesium: 75.13mg (18.78%), Zinc: 2.58mg (17.23%), Vitamin B2: 0.27mg (15.83%), Vitamin A: 702.13IU (14.04%), Vitamin B12: 0.73µg (12.19%), Folate: 44.99µg (11.25%), Vitamin B6: 0.22mg (11.16%), Selenium: 7.77µg (11.11%), Vitamin B1: 0.16mg (10.54%), Fiber: 2.47g (9.86%), Vitamin B5: 0.95mg (9.51%), Vitamin D: 1.4µg (9.35%), Iron: 1.51mg (8.37%), Vitamin B3: 1.5mg (7.49%), Vitamin E: 0.46mg (3.09%)