



Mexican Shrimp Soup

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



8

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 0.5 cup chorizo thinly sliced
- 1 pound clams cleaned
- 1 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 1 medium bell pepper green seeded chopped
- 1 teaspoon ground cumin
- 8 servings kosher salt and pepper black freshly ground

- 6 lime wedges for serving
- 2 tablespoons olive oil
- 1 medium onion chopped
- 0.5 teaspoon paprika
- 1 cup potatoes chopped
- 1 pound sea scallops cleaned
- 1 pound mexican shrimp deveined cooked peeled
- 2 tablespoons sriracha sauce
- 1 cup vegetable stock
- 2 cups water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- In a medium pan, combine 2 cups water with shrimp heads and tails. Bring to a simmer over medium heat. Cook for 20 minutes. Strain out the shrimp shells and set the stock aside.
- In a large sauce pan, heat the olive oil over medium-high heat then add the potato, onion, bell pepper, chorizo, and garlic.
- Saute until the onion is tender and translucent, about 4 to 5 minutes. Stir in the cumin, paprika, bay leaves.
- Add the vegetable stock and shrimp stock, bring to a simmer and cook for 6 to 8 minutes to allow the flavors to infuse. Stir in the sriracha.
- Add the clams, scallops, and shrimp and cook for an additional 6 to 8 minutes.
- To serve, spoon the soup into bowls and garnish with chopped cilantro.
- Serve with lime wedges.

Nutrition Facts



■ PROTEIN 46.7% ■ FAT 28.91% ■ CARBS 24.39%

Properties

Glycemic Index:45.84, Glycemic Load:4.43, Inflammation Score:-5, Nutrition Score:10.570000057635%

Flavonoids

Hesperetin: 5.8mg, Hesperetin: 5.8mg, Hesperetin: 5.8mg, Hesperetin: 5.8mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 184.67kcal (9.23%), Fat: 5.99g (9.21%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 9.71g (3.53%), Sugar: 1.72g (1.91%), Cholesterol: 111.86mg (37.29%), Sodium: 505.54mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.51%), Phosphorus: 357.36mg (35.74%), Vitamin C: 25.55mg (30.97%), Vitamin B12: 1.76µg (29.34%), Copper: 0.32mg (15.77%), Selenium: 10.32µg (14.74%), Potassium: 470.22mg (13.43%), Magnesium: 46.65mg (11.66%), Vitamin B6: 0.21mg (10.33%), Zinc: 1.51mg (10.06%), Vitamin K: 10.44µg (9.94%), Manganese: 0.17mg (8.7%), Iron: 1.46mg (8.13%), Vitamin A: 385.56IU (7.71%), Fiber: 1.64g (6.58%), Calcium: 64.76mg (6.48%), Folate: 20.53µg (5.13%), Vitamin E: 0.75mg (5.02%), Vitamin B3: 0.89mg (4.43%), Vitamin B1: 0.05mg (3.51%), Vitamin B5: 0.3mg (3.02%), Vitamin B2: 0.04mg (2.42%)