



Peruvian Shrimp-and-Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1 1/2-inch chunks (2)
- ☐ 1.5 pounds butternut squash peeled halved lengthwise seeded cut into 1-inch cubes
- ☐ 0.3 teaspoon cayenne
- ☐ 3 tablespoons cooking oil
- ☐ 4 ears of corn halved
- ☐ 1.3 pounds cabbage green chopped (1 quart)
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup heavy cream

- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 3 teaspoons salt
- ☐ 1 pound shrimp unpeeled
- ☐ 1 Dash all the tabasco sauce you handle
- ☐ 2 quarts water

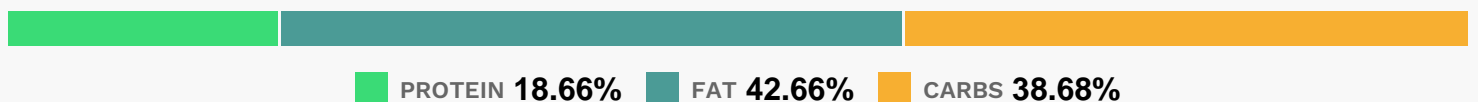
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the shrimp and 1 teaspoon of the salt and cook, stirring frequently, until the shrimp are pink and firm, about 5 minutes.
- ☐ Remove with a slotted spoon. When the shrimp are cool enough to handle, peel them and set aside.
- ☐ Add the onion, cayenne, paprika, cumin, and another teaspoon of the salt to the pot. Cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- ☐ Add the Tabasco, squash, cabbage, potatoes, corn, and water to the pot. Cover and bring to a boil. Reduce the heat and simmer, partially covered, until the potatoes are tender, about 15 minutes.
- ☐ Add the cream and simmer for 10 minutes. Stir in the peeled shrimp, the remaining teaspoon of salt, and the peas, if using. Cook until the shrimp are just heated through, about 2 minutes.
- ☐ Wine Recommendation: We recommend the wines of Alsace again and again because they are so versatile, enhancing so many types of food. Here a pinot gris, nutty and rich, will have the body and flavor to beautifully highlight the soup.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:18.76, Inflammation Score:-10, Nutrition Score:39.236086985339%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 683.05kcal (34.15%), Fat: 34.28g (52.75%), Saturated Fat: 15g (93.76%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 59.12g (21.5%), Sugar: 17.56g (19.51%), Cholesterol: 249.81mg (83.27%), Sodium: 1972.44mg (85.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.74g (67.49%), Vitamin A: 19441.65IU (388.83%), Vitamin C: 102.7mg (124.49%), Vitamin K: 121.72µg (115.92%), Potassium: 1962.48mg (56.07%), Phosphorus: 522.39mg (52.24%), Manganese: 0.98mg (49.19%), Vitamin B6: 0.98mg (48.77%), Magnesium: 186.7mg (46.67%), Fiber: 10.82g (43.29%), Copper: 0.86mg (42.79%), Folate: 168.43µg (42.11%), Vitamin E: 5.24mg (34.94%), Vitamin B1: 0.52mg (34.38%), Calcium: 290.26mg (29.03%), Vitamin B3: 5.25mg (26.26%), Iron: 4.17mg (23.15%), Vitamin B5: 2.16mg (21.59%), Zinc: 3.03mg (20.23%), Vitamin B2: 0.3mg (17.74%), Vitamin D: 0.95µg (6.35%), Selenium: 4.23µg (6.04%), Vitamin B12: 0.1µg (1.59%)