

 food network

Potato Soup with Shrimp

READY IN



45 min.

SERVINGS



6

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings bacon bits crumbled for garnish
- 0.5 stick butter
- 2 medium carrots diced
- 2 chicken bouillon cubes dissolved in 1/2 cup hot milk
- 1 sprigs dill optional garnish
- 2 tablespoons flour all-purpose
- 1 cup half-and-half
- 1 small onion diced
- 0.3 teaspoon pepper

- 8 medium russet potatoes cubed peeled
- 1 teaspoon salt
- 6 servings sharp cheddar grated for garnish
- 1 pound shrimp
- 2 cups water salted
- 4 cups milk whole low fat (2 percent) (1 percent)

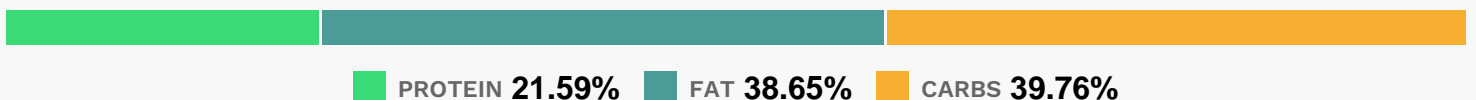
Equipment

- sauce pan
- whisk

Directions

- In a 4-quart saucepan, melt the butter and saute the onion and carrots until both are slightly tender, about 5 minutes.
- Whisk in the flour and cook for 1 minute.
- Add the potatoes, milk, and dissolved bouillon cubes. Cook over medium heat for 15 minutes, until the potatoes are very soft and some of them have begun to dissolve into mush.
- Add the half-and-half, salt, and pepper.
- In a small saucepan, bring 2 cups lightly salted water to a boil.
- Add the shrimp all at once and stir well. Watch the shrimp closely; as soon as they all turn pink, about 2 to 3 minutes, turn off the heat and drain. The shrimp should be slightly undercooked. When they are cool, peel them, and chop roughly into big chunks.
- Add the shrimp to the soup and stir well.
- Serve soup sprinkled with bacon bits and grated cheese.
- Garnish with dill sprigs, if desired.
- Cook's Note: If you don't have access to shrimp, use corn.

Nutrition Facts



Properties

Glycemic Index:65.93, Glycemic Load:45.73, Inflammation Score:-10, Nutrition Score:29.442174082217%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 658.43kcal (32.92%), Fat: 28.78g (44.28%), Saturated Fat: 16.82g (105.1%), Carbohydrates: 66.63g (22.21%), Net Carbohydrates: 62.08g (22.57%), Sugar: 13.05g (14.5%), Cholesterol: 207.2mg (69.07%), Sodium: 1201.77mg (52.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.18g (72.36%), Vitamin A: 4345.24IU (86.9%), Phosphorus: 675.82mg (67.58%), Vitamin B6: 1.16mg (58.25%), Calcium: 558.21mg (55.82%), Potassium: 1796.79mg (51.34%), Vitamin B2: 0.57mg (33.25%), Magnesium: 129.48mg (32.37%), Copper: 0.63mg (31.73%), Manganese: 0.56mg (27.8%), Zinc: 3.87mg (25.79%), Vitamin B1: 0.39mg (25.67%), Vitamin C: 18.66mg (22.61%), Selenium: 15.41µg (22.01%), Vitamin B12: 1.29µg (21.55%), Fiber: 4.55g (18.2%), Vitamin B5: 1.8mg (18.03%), Vitamin B3: 3.57mg (17.85%), Iron: 3.13mg (17.41%), Folate: 58.7µg (14.67%), Vitamin D: 1.97µg (13.13%), Vitamin K: 10.38µg (9.88%), Vitamin E: 0.8mg (5.33%)