



Potato Soup with Spicy Shrimp



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 baking potato peeled cut into 1-inch cubes
- ☐ 30 servings kosher salt
- ☐ 7 cups chicken stock see low-sodium
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 teaspoons turkish red-pepper paste
- ☐ 2 scallions thinly sliced
- ☐ 4 cup shallots thinly sliced
- ☐ 1.3 pounds shrimp deveined halved

☐ 1.5 pounds yukon gold potatoes peeled cut into 1-inch cubes

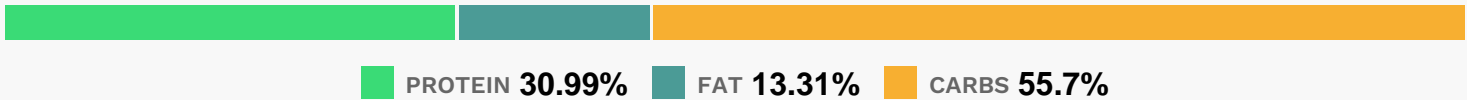
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, heat 2 tablespoons of the olive oil.
- ☐ Add the shallots and a pinch of salt and cook over moderate heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the potatoes and cook, stirring, until barely softened, about 5 minutes.
- ☐ Add the chicken stock and simmer over moderate heat until the potatoes are tender, about 20 minutes. Strain the broth into a heatproof bowl and transfer the shallots and potatoes to a blender.
- ☐ Add 1/4 cup of the olive oil and 1 cup of the broth and puree until smooth. Return the puree to the pot. Stir in the remaining broth and season with salt. Bring the soup back to a simmer over moderate heat.
- ☐ In a medium bowl, toss the shrimp with the pepper paste and the remaining 2 tablespoons of olive oil. Season with salt.
- ☐ Add the shrimp to the soup and cook just until they are pink and curled, about 1 minute. Ladle the soup into bowls, garnish with the scallions and serve.

Nutrition Facts



Properties

Glycemic Index:7.68, Glycemic Load:5.21, Inflammation Score:-2, Nutrition Score:4.2830434836771%

Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 77.63kcal (3.88%), Fat: 1.21g (1.86%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 9.74g (3.54%), Sugar: 2.82g (3.14%), Cholesterol: 30.43mg (10.14%), Sodium: 238.51mg (10.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin B6: 0.21mg (10.34%), Potassium: 331.19mg (9.46%), Phosphorus: 93.19mg (9.32%), Vitamin C: 7.6mg (9.21%), Copper: 0.16mg (8.14%), Manganese: 0.15mg (7.3%), Fiber: 1.62g (6.49%), Vitamin B3: 1.14mg (5.7%), Magnesium: 20.84mg (5.21%), Iron: 0.85mg (4.73%), Folate: 15.89µg (3.97%), Zinc: 0.52mg (3.5%), Calcium: 30.38mg (3.04%), Vitamin B1: 0.04mg (2.91%), Vitamin K: 2.9µg (2.77%), Vitamin B2: 0.03mg (1.96%), Vitamin B5: 0.18mg (1.81%)