



# Pumpkin and Shrimp Bisque



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



3 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients



0.3 cup lemon zest toasted chopped ()

## Equipment



bowl



frying pan



sauce pan

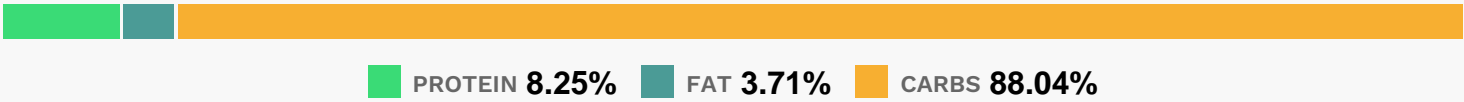


sieve

# Directions

- ☐ Heat the oil in a pan at medium-high heat.
- ☐ Add the shrimp shells and cook until they turn pink and then just start to turn brown and fill your kitchen with the aroma of shrimp, about 3-4 minutes.
- ☐ Add the white wine and simmer until it has evaporated, about 4-6 minutes.
- ☐ Add the broth, saffron, onion, carrot, celery, bay leaves, and sage, bring to a boil, reduce the heat and simmer, covered for 30 minutes.
- ☐ Strain the solids from the stock with a fine metal sieve and return the stock to the sauce pan.
- ☐ Mix in the pumpkin puree, heavy cream and cayenne and simmer on low heat for 10 minutes.
- ☐ Add the lemon juice and season with salt and pepper.
- ☐ Heat the oil in a pan.
- ☐ Add the shrimp and saute at medium heat until cooked, about 2-3 minutes.
- ☐ Divide the shrimp between 4 bowls, pour the bisque over them and garnish with the sage gremolata.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.68217391650314%

## Nutrients (% of daily need)

Calories: 2.82kcal (0.14%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 0.36mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 7.74mg (9.38%), Fiber: 0.64g (2.54%)