



Quick Shrimp-and-Corn Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce regular corn cream-style canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 2 cups milk fat-free
- ☐ 1 garlic clove minced
- ☐ 1 cup bell pepper green chopped
- ☐ 4 teaspoons green onions sliced
- ☐ 1 cup onion chopped

☐ 1.3 pounds shrimp deveined peeled

Equipment

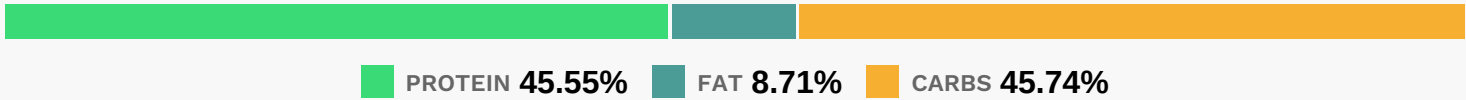
☐ sauce pan

☐ dutch oven

Directions

- ☐ Heat a Dutch oven or large saucepan coated with cooking spray over medium-high.
- ☐ Add onion, bell pepper, and garlic, and saut 5 minutes. Stir in cream cheese; reduce heat, and cook until cheese is melted.
- ☐ Add milk, corn, soup, and tomatoes; cook 10 minutes, stirring occasionally. Bring milk mixture to a boil.
- ☐ Add shrimp; cook 5 minutes or until shrimp are done.
- ☐ Remove from heat.
- ☐ Sprinkle each serving with green onions.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:2.24, Inflammation Score:-5, Nutrition Score:10.715217424476%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 166.52kcal (8.33%), Fat: 1.7g (2.62%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 18.03g (6.56%), Sugar: 7.69g (8.55%), Cholesterol: 117.85mg (39.28%), Sodium: 566.64mg (24.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.05%), Phosphorus: 277.17mg (27.72%), Vitamin C: 22.2mg (26.91%), Copper: 0.47mg (23.45%), Potassium: 578.51mg (16.53%), Calcium: 149.24mg (14.92%), Manganese: 0.3mg (14.84%), Zinc: 2.09mg (13.92%), Magnesium: 55.1mg (13.78%), Vitamin B6: 0.21mg (10.42%),

Vitamin B2: 0.16mg (9.5%), Folate: 37.67µg (9.42%), Fiber: 2.08g (8.31%), Iron: 1.42mg (7.91%), Vitamin B3: 1.48mg (7.39%), Vitamin B12: 0.42µg (6.94%), Vitamin B1: 0.1mg (6.82%), Vitamin A: 319.79IU (6.4%), Vitamin B5: 0.53mg (5.31%), Vitamin K: 5.41µg (5.16%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.56mg (3.73%), Selenium: 1.81µg (2.58%)