



 **98%**  
HEALTH SCORE

## Shrimp and Chipotle Soup with Tomato, Tomatillo, and Potato

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons chipotles in adobo chopped (depending on spice level you prefer)
- 1 Handful cilantro leaves fresh chopped
- 1 medium garlic clove peeled
- 1 haas avocados skinless ripe seeded chopped
- 2 lime cut into quarters
- 4 cups chicken broth low sodium homemade store-bought
- 1 tablespoon olive oil

- 0.5 medium onion peeled cut in half
- 1 pound potatoes – remove skin red scrubbed cut into 1/2-inch pieces
- 1 pound shells deveined
- 8 ounces tomatillos rinsed
- 8 ounces tomatoes

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- blender
- wooden spoon
- aluminum foil
- broiler
- dutch oven
- tongs

## Directions

- Adjust an oven rack to six inches below the broiler. Preheat the broiler to high.
- Place the tomatoes, tomatillos, and onion pieces on a foil-lined baking sheet, and set underneath the broiler. Broil until everything just starts to develop black spots, about 10 minutes. Carefully flip everything with a pair of tongs, and cook until slightly blackened on the other side, about 5 minutes longer. Turn off the heat, and remove the pan from the oven.
- Let everything cool for 1 minute.
- When cool, add the tomatoes, tomatillos, and onion pieces to a blender, along with the chipotles and garlic. Puree the mixture until smooth.
- Heat the olive oil in a Dutch oven or a large heavy-bottomed saucepan over medium-high heat. When oil starts to shimmer, add the puree. Cook, stirring often with a wooden spoon, until it has reduced somewhat and starts to thicken, about 5 minutes.

- Add the chicken stock and stir well. Bring to a boil over high heat, and then reduce heat to maintain a simmer.
- Add the potatoes. Simmer until tender, 10 to 15 minutes.
- Add the shrimp and cook until pink and firm, about two minutes. Season to taste with salt (this may not be required if chicken broth is salty).
- Serve the soup with a sprinkle of cilantro, a quarter of the avocado, and a wedge of lime.

## Nutrition Facts



### Properties

Glycemic Index:60.25, Glycemic Load:36.17, Inflammation Score:-8, Nutrition Score:30.241738868796%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

### Nutrients (% of daily need)

Calories: 699.43kcal (34.97%), Fat: 14.96g (23.01%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 121.68g (40.56%), Net Carbohydrates: 109.03g (39.65%), Sugar: 10.51g (11.68%), Cholesterol: 0mg (0%), Sodium: 106.89mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.31%), Selenium: 73.04µg (104.34%), Manganese: 1.46mg (72.99%), Fiber: 12.65g (50.59%), Vitamin C: 40.45mg (49.03%), Potassium: 1564.34mg (44.7%), Vitamin B3: 8.82mg (44.12%), Phosphorus: 427.79mg (42.78%), Copper: 0.81mg (40.27%), Vitamin B6: 0.63mg (31.27%), Magnesium: 123.39mg (30.85%), Vitamin K: 29.64µg (28.22%), Folate: 99.93µg (24.98%), Iron: 4.04mg (22.44%), Vitamin B1: 0.29mg (19.47%), Zinc: 2.83mg (18.84%), Vitamin B5: 1.74mg (17.38%), Vitamin B2: 0.28mg (16.63%), Vitamin E: 2.3mg (15.36%), Vitamin A: 703.19IU (14.06%), Calcium: 76.54mg (7.65%), Vitamin B12: 0.24µg (3.93%)