



Shrimp and Corn Chowder

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups chicken stock see unsalted
- ☐ 10 ounce corn kernels frozen thawed
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 4 green onions
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.3 teaspoon kosher salt
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 slices center-cut bacon chopped

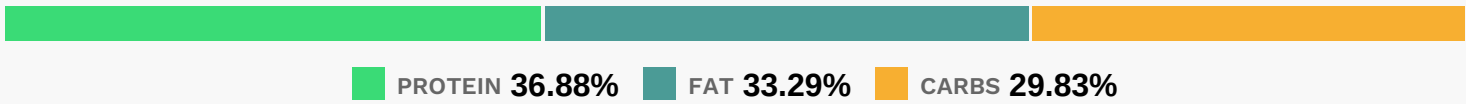
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a large saucepan over medium heat 6 minutes or until crisp.
- ☐ Remove bacon from pan with a slotted spoon, reserving drippings.
- ☐ Thinly slice green onions; reserve 2 tablespoons dark green parts.
- ☐ Add white and light green onion parts, thyme, and garlic to drippings in pan; saut 2 minutes. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Sprinkle over onion mixture; cook 1 minute, stirring constantly. Stir in milk, stock, and bay leaf; bring to a boil. Reduce heat to medium, and cook 2 minutes. Stir in salt, black pepper, red pepper, shrimp, and corn; simmer 4 minutes or until shrimp are done. Discard bay leaf. Divide soup evenly among 4 bowls; sprinkle with bacon and reserved 2 tablespoons green onions.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:4.88, Inflammation Score:-9, Nutrition Score:16.531304227269%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 375.47kcal (18.77%), Fat: 14.16g (21.78%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 26.24g (9.54%), Sugar: 12.13g (13.48%), Cholesterol: 211.14mg (70.38%), Sodium: 750.59mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.57%), Phosphorus: 482.64mg (48.26%), Copper: 0.57mg (28.37%), Vitamin B2: 0.48mg (28.13%), Calcium: 278.33mg (27.83%), Vitamin K: 25.61µg (24.39%), Potassium: 788.98mg (22.54%), Zinc: 2.99mg (19.94%), Magnesium: 78.78mg (19.69%), Selenium: 13.34µg (19.06%), Vitamin B3: 3.5mg (17.49%), Vitamin B1: 0.25mg (16.39%), Manganese: 0.31mg (15.68%), Folate: 60.34µg (15.08%), Vitamin B12: 0.89µg (14.86%), Vitamin B6: 0.24mg (12.15%), Iron: 1.98mg (11.02%), Vitamin B5: 0.97mg (9.69%), Vitamin C: 7.63mg (9.25%), Fiber: 2.3g (9.21%), Vitamin A: 424.02IU (8.48%), Vitamin E: 0.32mg (2.12%)