



Shrimp and Corn Chowder

READY IN



30 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 stalks celery thinly sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cups regular corn frozen
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 quart milk low-fat
- ☐ 4 servings paprika for sprinkling
- ☐ 3 cups potatoes diced frozen
- ☐ 2 bunches scallions chopped

- ☐ 1 pound shrimp deveined peeled
- ☐ 3 sprigs thyme leaves
- ☐ 2 teaspoons butter unsalted

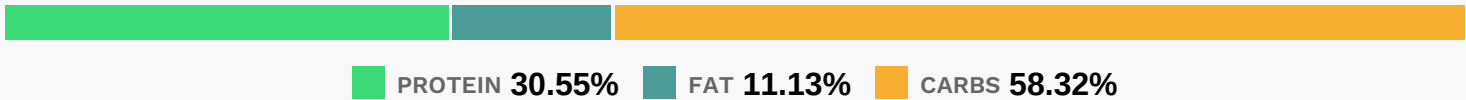
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt the butter in a Dutch oven or large pot over medium-high heat. Stir in the celery, scallions, potatoes and corn.
- ☐ Add the thyme, bay leaves, 1/2 teaspoon salt and a few grinds of pepper and cook, stirring, 3 minutes. Stir in the flour until incorporated, about 2 minutes. Stir in the milk, then cover and bring to a boil. Uncover, reduce the heat to medium low and gently simmer until the vegetables are tender, about 6 minutes.
- ☐ Remove from the heat. Discard the thyme sprigs and bay leaves.
- ☐ Transfer one-third of the mixture to a blender and puree until smooth, then return to the pot. Return to a simmer over medium-high heat. Stir in the shrimp and cook until opaque, about 4 minutes. Season with salt. If the soup is too thick, stir in up to 1 cup water. Divide among bowls and sprinkle with paprika.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:22.62, Inflammation Score:-9, Nutrition Score:31.099565402321%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 486.84kcal (24.34%), Fat: 6.35g (9.76%), Saturated Fat: 3g (18.76%), Carbohydrates: 74.81g (24.94%), Net Carbohydrates: 66.17g (24.06%), Sugar: 13.86g (15.4%), Cholesterol: 199.78mg (66.59%), Sodium: 464.35mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.19g (78.39%), Phosphorus: 707.22mg (70.72%), Vitamin C: 44.37mg (53.78%), Potassium: 1868.65mg (53.39%), Vitamin B6: 0.91mg (45.28%), Calcium: 424.48mg (42.45%), Magnesium: 155.3mg (38.83%), Vitamin K: 38.65µg (36.81%), Vitamin A: 1812.43IU (36.25%), Copper: 0.72mg (36.2%), Fiber: 8.64g (34.56%), Vitamin B2: 0.56mg (33.23%), Manganese: 0.61mg (30.3%), Vitamin B1: 0.44mg (29.18%), Zinc: 4.08mg (27.18%), Folate: 106.26µg (26.56%), Vitamin B12: 1.45µg (24.12%), Vitamin B3: 4.61mg (23.02%), Iron: 3.65mg (20.27%), Vitamin B5: 1.84mg (18.38%), Vitamin D: 2.64µg (17.6%), Selenium: 8.05µg (11.5%), Vitamin E: 0.85mg (5.68%)