



Shrimp-and-Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup heavy cream sour
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 cups chicken broth low-sodium
- ☐ 3 cups potatoes diced red
- ☐ 1 bunch scallions chopped
- ☐ 0.5 pound shrimp thawed deveined peeled cut into 1/2-inch pieces
- ☐ 16 ounce shoepeg corn white frozen thawed

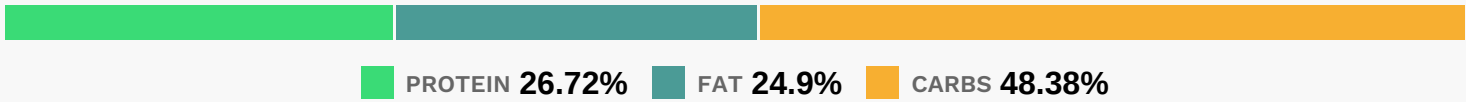
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a medium saucepan, boil broth and potatoes 5 minutes.
- ☐ Add corn and white portion of scallion; simmer 8 minutes.
- ☐ Remove 2 cups; puree in a blender. Return to pot; stir in shrimp. Cook until bright pink; stir in cream, lemon juice, and scallion greens. Season with salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:12.454782537792%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 279.21kcal (13.96%), Fat: 8.42g (12.95%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 32.62g (11.86%), Sugar: 10.39g (11.54%), Cholesterol: 108.09mg (36.03%), Sodium: 139.11mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.67%), Phosphorus: 324.22mg (32.42%), Potassium: 878.16mg (25.09%), Vitamin B3: 5mg (25.02%), Copper: 0.46mg (22.96%), Magnesium: 71.61mg (17.9%), Vitamin C: 14.54mg (17.62%), Manganese: 0.35mg (17.54%), Fiber: 4.19g (16.74%), Vitamin K: 14.98µg (14.27%), Vitamin B6: 0.27mg (13.4%), Zinc: 1.8mg (11.97%), Vitamin B5: 1.05mg (10.54%), Vitamin B1: 0.15mg (10.32%), Iron: 1.81mg (10.04%), Vitamin B2: 0.16mg (9.65%), Folate: 37.99µg (9.5%), Calcium: 65.62mg (6.56%), Vitamin A: 284.91IU (5.7%), Vitamin B12: 0.2µg (3.35%), Selenium: 1.67µg (2.39%), Vitamin E: 0.28mg (1.89%), Vitamin D: 0.24µg (1.59%)