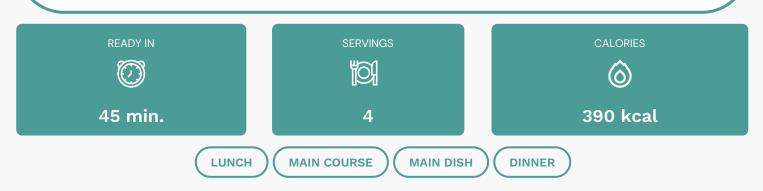


Shrimp and Corn Chowder with Garlic Croutons



Ingredients

12 ounces bottled clam juice
1 cup corn kernels
0.5 teaspoon pepper red crushed
3 tablespoons flour all-purpose
2 garlic cloves minced halved
0.3 cup heavy cream
4 servings kosher salt and pepper black freshly ground

2 slices bacon diced finely

	1.5 tablespoons olive oil extra-virgin
	2 large scallions thinly sliced
	1.3 pounds shrimp shelled deveined
	12.5 inch thick french italian
	1 teaspoon butter unsalted
	1.5 cups water
Εq	uipment
	bowl
	baking sheet
	sauce pan
	broiler
Directions	
	Preheat the broiler.
	Brush both sides of the bread with the olive oil and arrange on a baking sheet. Broil the bread slices about 10 inches from the heat for about 3 minutes, until golden on both sides. Rub the croutons with the halved garlic clove.
	Melt the butter in a large, heavy saucepan.
	Add the bacon and cook over moderately high heat until browned, about 4 minutes.
	Add the minced garlic, corn, scallions and crushed red pepper and cook over moderately high heat, stirring frequently, until the corn is crisp-tender, about 5 minutes.
	Stir in the flour and cook for 1 minute, until everything is coated.
	Add the clam juice, water and heavy cream and cook, stirring, until slightly thickened, about 4 minutes. Season with salt and pepper.
	Add the shrimp and simmer until just pink and cooked through, 3 to 4 minutes. Stir in the vermouth.
	Put the croutons in deep bowls, spoon the shrimp and corn chowder on top and serve.

Nutrition Facts

Properties

Glycemic Index:62.38, Glycemic Load:6.62, Inflammation Score:-5, Nutrition Score:12.792173810627%

Flavonoids

Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg Kaempferol: O.17mg, Kaempferol: O.17mg, Kaempferol: O.17mg, Kaempferol: O.17mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: O.02mg, Myricetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 389.85kcal (19.49%), Fat: 17.71g (27.25%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 23.8g (8.65%), Sugar: 5.78g (6.42%), Cholesterol: 254.97mg (84.99%), Sodium: 696.39mg (30.28%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 33.57g (67.14%), Phosphorus: 378.56mg (37.86%), Copper: 0.65mg (32.6%), Vitamin K: 30.12μg (28.69%), Magnesium: 69.66mg (17.42%), Potassium: 602.32mg (17.21%), Zinc: 2.47mg (16.49%), Manganese: 0.26mg (13.21%), Calcium: 130.09mg (13.01%), Folate: 50.8μg (12.7%), Vitamin A: 598.57lU (11.97%), Vitamin B1: 0.18mg (11.84%), Selenium: 7.78μg (11.11%), Iron: 1.9mg (10.55%), Vitamin C: 7.82mg (9.48%), Vitamin B2: 0.16mg (9.4%), Vitamin B3: 1.88mg (9.4%), Vitamin E: 1.29mg (8.57%), Fiber: 1.96g (7.82%), Vitamin B6: 0.14mg (7.21%), Vitamin B5: 0.39mg (3.9%), Vitamin D: 0.3μg (2.01%), Vitamin B12: 0.11μg (1.77%)