



Shrimp and Corn Chowder with Garlic Croutons

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon diced finely
- ☐ 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

- ☐ 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

Equipment

- ☐ 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



 **PROTEIN 33.85%**  **FAT 40.18%**  **CARBS 25.97%**

Properties

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

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 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 %: 0% (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: 598.57IU (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%)