



Shrimp and Roasted Corn Chowder



Gluten Free



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon smoked cut into one inch pieces
- ☐ 2 stalks celery diced
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 ears corn with the cobs reserved
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup flour gluten-free for (or rice flour)
- ☐ 1 onion diced
- ☐ 1 large stewing potato cut into bite sized pieces

- ☐ 0.5 bell pepper diced red
- ☐ 4 servings salt to taste (or fish sauce) (or sriracha)
- ☐ 0.5 pound shrimp and deveined with the shells reserved peeled
- ☐ 4 cups shrimp stock
- ☐ 2 teaspoons paprika smoked
- ☐ 1 teaspoon thyme leaves chopped

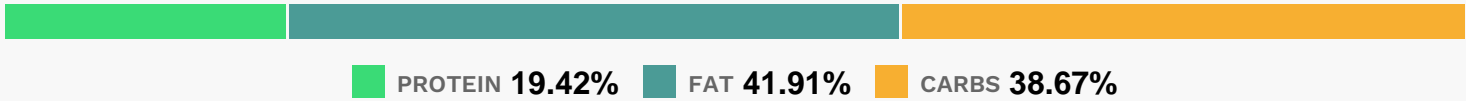
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Bring the broth, corn cobs and shrimp shells to a boil, reduce the heat and simmer, covered, until the liquid becomes a little cloudy, about 20–30 minutes, strain and discard the solids and set the broth aside. (This step is optional but adds a ton of flavour to the chowder.)Meanwhile, cook the bacon in a large heavy bottom sauce pan over medium heat and set aside on paper towels to drain.Raise the heat to medium–high, add the corn and let it sit in place until it chars a bit, about 8 minutes, mix it, repeat and set aside.Reduce the heat back down to medium, add the onion, celery and pepper and saute until tender, about 7–10 minutes.
- ☐ Add the garlic, thyme and paprika and saute until fragrant, about a minute.
- ☐ Sprinkle on the flour and cook for 2–3 minutes.
- ☐ Add the broth, corn, and potato and simmer until the potato is tender, about 10–15 minutes.
- ☐ Add the cream and shrimp and simmer until the shrimp is cooked, about 2–3 minutes.Season to taste and serve garnished with the reserved bacon.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:12.83, Inflammation Score:-9, Nutrition Score:19.681738998579%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 452.18kcal (22.61%), Fat: 22.06g (33.94%), Saturated Fat: 10.23g (63.91%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 39.66g (14.42%), Sugar: 10.7g (11.89%), Cholesterol: 144.12mg (48.04%), Sodium: 1209.2mg (52.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23g (45.99%), Vitamin C: 47.45mg (57.51%), Vitamin A: 1692.95IU (33.86%), Phosphorus: 335.03mg (33.5%), Potassium: 1053.46mg (30.1%), Vitamin B6: 0.56mg (28.08%), Manganese: 0.54mg (27.1%), Fiber: 6.14g (24.58%), Vitamin B1: 0.36mg (24.06%), Magnesium: 92.87mg (23.22%), Copper: 0.45mg (22.64%), Vitamin B3: 4.37mg (21.84%), Vitamin B2: 0.34mg (19.99%), Folate: 74.29µg (18.57%), Zinc: 2.12mg (14.12%), Iron: 2.53mg (14.07%), Vitamin B5: 1.3mg (13.05%), Selenium: 7.67µg (10.96%), Calcium: 107.12mg (10.71%), Vitamin K: 10.5µg (10%), Vitamin E: 1.12mg (7.47%), Vitamin D: 0.56µg (3.76%), Vitamin B12: 0.21µg (3.49%)