



Shrimp Bisque

READY IN



75 min.

SERVINGS



8

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 carrots coarsely chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 ribs celery with leaves, coarsely chopped
- ☐ 1 cup wine dry white
- ☐ 1 cup cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 large onion coarsely chopped

- ☐ 1.5 pounds shells shelled deveined (reserve shells)
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup rice long-grain white

Equipment

- ☐ bowl
- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt 2 Tbsp. butter in a Dutch oven over medium heat.
- ☐ Add shrimp shells and cook, stirring, for 3 minutes.
- ☐ Add 2 cups water and wine and bring to a boil. Cover and simmer for 15 minutes.
- ☐ Pour liquid through a fine strainer set over a large bowl, pressing hard to extract as much liquid as possible; discard solids and set aside broth. Wipe out Dutch oven.
- ☐ In same Dutch oven, melt remaining 4 Tbsp. butter over medium heat.
- ☐ Add onion, carrots, celery, bay leaf, salt and cayenne and cook, stirring, until softened, about 10 minutes.
- ☐ Add rice and strained liquid from shrimp shells and bring to a boil. Reduce heat to low, cover and simmer for 20 minutes or until rice is tender. Discard bay leaf.
- ☐ Add shrimp and cook, stirring, until pink and cooked through, about 2 minutes.
- ☐ Remove from heat. Set aside 16 shrimp for garnish. Stir in tomatoes.
- ☐ Puree mixture in a blender in small batches until smooth. (Soup may be prepared to this point up to 1 day ahead; cover and refrigerate.)
- ☐ Return mixture to Dutch oven and stir in cream. Bring bisque just to a boil, stirring, over medium heat. To serve, ladle into bowls and garnish with 2 reserved shrimp per serving.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:30.4, Inflammation Score:-10, Nutrition Score:18.100869505302%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 569.5kcal (28.47%), Fat: 20.81g (32.01%), Saturated Fat: 12.52g (78.26%), Carbohydrates: 77.06g (25.69%), Net Carbohydrates: 72.36g (26.31%), Sugar: 7.36g (8.18%), Cholesterol: 56.19mg (18.73%), Sodium: 539.23mg (23.44%), Alcohol: 3.09g (100%), Alcohol %: 1.52% (100%), Protein: 13.73g (27.45%), Selenium: 56.12µg (80.16%), Vitamin A: 3429.91IU (68.6%), Manganese: 1.03mg (51.62%), Phosphorus: 222.38mg (22.24%), Copper: 0.38mg (18.85%), Fiber: 4.7g (18.8%), Magnesium: 67.02mg (16.75%), Potassium: 502.53mg (14.36%), Vitamin B6: 0.29mg (14.29%), Vitamin B3: 2.43mg (12.16%), Iron: 2.05mg (11.4%), Zinc: 1.6mg (10.68%), Vitamin B1: 0.15mg (9.87%), Vitamin B2: 0.16mg (9.7%), Vitamin E: 1.41mg (9.4%), Vitamin K: 9.69µg (9.23%), Vitamin C: 7.56mg (9.16%), Folate: 34.4µg (8.6%), Vitamin B5: 0.76mg (7.58%), Calcium: 75.62mg (7.56%), Vitamin D: 0.63µg (4.22%), Vitamin B12: 0.07µg (1.09%)