

Shrimp Bisque

 Popular

READY IN



100 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup arborio rice
- ☐ 1 bay leaf
- ☐ 2 tablespoons brandy
- ☐ 1 tablespoon butter
- ☐ 15 ounce canned tomatoes with juice, chopped canned
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 2 cups chicken broth

- ☐ 0.3 cup cooking sherry dry
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons flour gluten free for (or rice flour)
- ☐ 0.7 cup heavy cream
- ☐ 0.5 juice of lemon
- ☐ 1 tablespoon oil
- ☐ 1 cup onion diced
- ☐ 1 tablespoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp with shells reserved deveined peeled roughly chopped
- ☐ 1 sprig thyme leaves
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ immersion blender

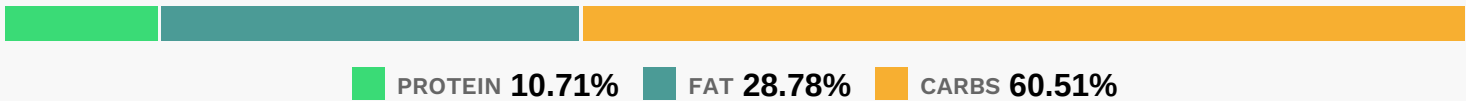
Directions

- ☐ Heat the oil and melt the butter in a large sauce pan over medium heat, add the onion, carrots and celery and saute until tender, about 10–15 minutes.
- ☐ Add the garlic and shrimp shells and cook for 2 minutes.
- ☐ Mix in the flour and cook for 2–3 minutes.
- ☐ Add the stock, water, tomatoes, sherry, brandy, thyme and bay leaf, bring to a boil, reduce the heat and simmer, covered, for 30 minutes. Strain the liquid into another sauce pan and

discard the solids.

- ☐
- Add the rice, tomato paste and paprika, bring to a boil, reduce the heat and simmer, covered, until the rice is cooked, about 20–30 minutes.Melt the butter in a pan over medium heat, add the shrimp and saute until just cooked, about 2–3 minutes per side.
- ☐
- Add the wine and deglaze the pan.
- ☐
- Add half of the shrimp and the juices to the soup and puree until smooth with an immersion blender or in a food processor or blender.
- ☐
- Add the remaining shrimp, sherry, brandy and cream and heat to serve.Season with salt, pepper and lemon juice.

Nutrition Facts



Properties

Glycemic Index:114.96, Glycemic Load:44.57, Inflammation Score:-10, Nutrition Score:25.696956479031%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 757.13kcal (37.86%), Fat: 23.24g (35.75%), Saturated Fat: 11.61g (72.57%), Carbohydrates: 109.9g (36.63%), Net Carbohydrates: 102.69g (37.34%), Sugar: 9.7g (10.78%), Cholesterol: 54.7mg (18.23%), Sodium: 780.33mg (33.93%), Alcohol: 4.82g (100%), Alcohol %: 0.93% (100%), Protein: 19.46g (38.93%), Vitamin A: 6856.57IU (137.13%), Selenium: 76.34µg (109.05%), Manganese: 1.45mg (72.59%), Phosphorus: 301.19mg (30.12%), Fiber: 7.22g (28.86%), Copper: 0.48mg (24.1%), Magnesium: 87.8mg (21.95%), Vitamin B6: 0.39mg (19.45%), Potassium: 678.77mg (19.39%), Folate: 74.57µg (18.64%), Vitamin B3: 3.6mg (18.01%), Iron: 3.23mg (17.92%), Vitamin B2: 0.3mg (17.64%), Vitamin B1: 0.26mg (17.62%), Vitamin K: 16.6µg (15.81%), Vitamin E: 2.35mg (15.69%), Zinc: 2.28mg (15.18%), Vitamin C: 9.72mg (11.78%), Vitamin B5: 1.03mg (10.27%), Calcium: 102.27mg (10.23%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.09µg (1.55%)