



## Shrimp-Cheese Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 to 2 garlic cloves minced
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 2 tablespoons olive oil

- ☐ 1 medium onion   minced
- ☐ 0.8 teaspoon oregano   dried
- ☐ 0.5 teaspoon pepper   freshly ground
- ☐ 1 teaspoon salt
- ☐ 4   tomatoes   peeled chopped

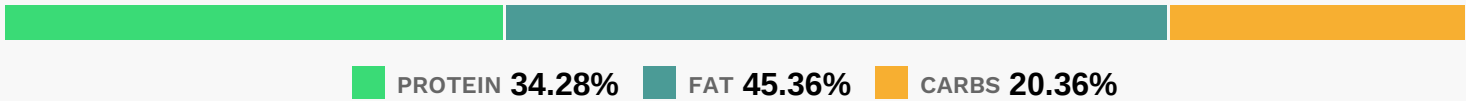
Equipment

- ☐ dutch oven

Directions

- ☐ Peel shrimp, and devein, if desired; set aside.
- ☐ Melt butter with oil in a Dutch oven over medium heat.
- ☐ Add onion and garlic; saute 5 minutes, stirring constantly.
- ☐ Add wine and next 5 ingredients; bring to a boil. Reduce heat, and simmer 10 minutes or until thickened.
- ☐ Stir in cheese, and simmer 10 minutes.
- ☐ Add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink. Stir in parsley.
- ☐ \* 1 (3-ounce) log goat cheese, crumbled, may be substituted.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:12.394782709039%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg  
Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 248.09kcal (12.4%), Fat: 11.3g (17.39%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 11.42g (3.81%), Net  
Carbohydrates: 9.73g (3.54%), Sugar: 4.61g (5.12%), Cholesterol: 143.55mg (47.85%), Sodium: 853.34mg (37.1%),  
Alcohol: 4.12g (100%), Alcohol %: 1.84% (100%), Protein: 19.22g (38.45%), Vitamin K: 52.86µg (50.34%), Phosphorus:  
265.24mg (26.52%), Vitamin A: 1093.62IU (21.87%), Vitamin C: 17.97mg (21.78%), Copper: 0.38mg (18.95%),  
Calcium: 170.53mg (17.05%), Potassium: 516.35mg (14.75%), Manganese: 0.25mg (12.67%), Zinc: 1.85mg (12.34%),  
Magnesium: 49.19mg (12.3%), Vitamin B2: 0.2mg (11.53%), Vitamin B6: 0.22mg (11.12%), Vitamin E: 1.31mg (8.76%),  
Folate: 29.76µg (7.44%), Iron: 1.24mg (6.9%), Fiber: 1.69g (6.75%), Vitamin B12: 0.33µg (5.58%), Vitamin B1: 0.08mg  
(5.45%), Selenium: 3.24µg (4.62%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.35mg (3.48%)