



Shrimp Corn Chowder

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 Tbsp butter
- 16 oz philadelphia cream cheese cubed
- 10 oz condensed cream of potato soup canned
- 4 cups fish stock
- 3 cups half-and-half warmed
- 30.5 oz no-salt-added corn drained canned
- 3 cups potatoes diced red ()
- 2 cups scallions green chopped

- 1 Tbsp seafood seasoning
- 2 lb shrimp (see note)

Equipment

- whisk
- pot
- wooden spoon

Directions

- In a large stockpot, over medium-high heat, melt butter until it just begins to bubble. Now toss in the chopped scallions and continue cooking on medium-high heat until the scallions are wilted.
- Add both packages of cream cheese, blending with a wooden spoon until the cream cheese has melted completely. Now blend in the seafood seasoning.
- Pour shrimp stock into the cream cheese mixture, blending together with a wire whisk until smooth. Blend in the warmed half-and-half. Allow the mixture to simmer, stirring occasionally with a wooden spoon, until there is steam rising from the pot.
- Add the diced potatoes, keeping the heat on medium-high. Stir occasionally, allowing the potatoes to cook 25 min. or until fork-tender.
- Once potatoes are tender, add the steamed shrimp (see Tip); stir.
- Add drained corn and cream of potato soup; stir until blended. Reduce heat to low and simmer for 10 min., stirring frequently with a wooden spoon so soup does not scorch.

Nutrition Facts



Properties

Glycemic Index:1.98, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:5.5256521909133%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 171.75kcal (8.59%), Fat: 13.58g (20.89%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.75g (3.06%), Cholesterol: 41.98mg (13.99%), Sodium: 151.84mg (6.6%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.31g (16.63%), Manganese: 0.27mg (13.47%), Phosphorus: 120.78mg (12.08%), Vitamin B3: 2.42mg (12.08%), Vitamin E: 1.61mg (10.73%), Magnesium: 36.3mg (9.08%), Vitamin K: 8.85µg (8.43%), Copper: 0.16mg (8.1%), Potassium: 209.9mg (6%), Zinc: 0.78mg (5.22%), Vitamin B2: 0.09mg (5.07%), Calcium: 50.6mg (5.06%), Folate: 18.83µg (4.71%), Vitamin B6: 0.09mg (4.71%), Vitamin A: 226.16IU (4.52%), Fiber: 0.98g (3.92%), Vitamin B5: 0.3mg (3.03%), Iron: 0.54mg (3.02%), Selenium: 2.06µg (2.94%), Vitamin B1: 0.04mg (2.43%), Vitamin C: 1.16mg (1.41%), Vitamin B12: 0.06µg (1.08%)