



Shrimp Soup with Black Beans and Hominy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile—stemmed seeded very thin cut into strips
- ☐ 1 bay leaf
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 2 large carrots halved
- ☐ 1 rib celery halved
- ☐ 0.3 cup cilantro sprigs
- ☐ 4 large garlic cloves halved
- ☐ 1.5 pounds meaty ham hock

- ☐ 1 haas avocados diced sliced
- ☐ 15 ounce hominy white drained and rinsed canned
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 small onion halved
- ☐ 1 bell pepper diced red
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 pound shrimp shelled deveined
- ☐ 3 quarts water

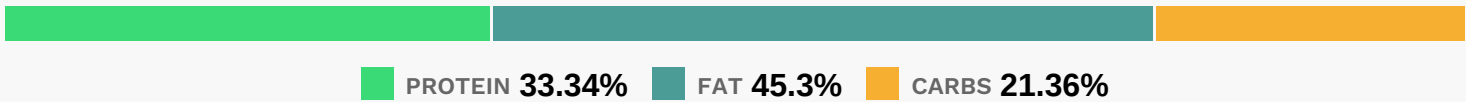
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ In a large pot, bring the ham hock, carrots, garlic, onion, celery, bay leaf and water to a boil. Cover partially and simmer over low heat for 2 hours. Strain, return to the pot and boil until reduced to 10 cups, 10 minutes; skim.
- ☐ Add the hominy, black beans, red bell pepper and ancho and season with salt and pepper. Simmer until the bell pepper is tender, about 6 minutes.
- ☐ Add the shrimp and cook until pink.
- ☐ Add the lime juice. Ladle into bowls, garnish with the avocado and cilantro and serve.
- ☐ Notes: One Serving 285 calories, 4 gm total fat, 2 gm saturated fat, 32 gm carb.

Nutrition Facts



Properties

Glycemic Index:39.97, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:22.339565152707%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 649.03kcal (32.45%), Fat: 32.71g (50.32%), Saturated Fat: 10.64g (66.52%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 22.73g (8.27%), Sugar: 6.53g (7.25%), Cholesterol: 245.32mg (81.77%), Sodium: 1134.09mg (49.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.17g (108.34%), Vitamin A: 6293.93IU (125.88%), Fiber: 11.97g (47.89%), Vitamin C: 37.89mg (45.93%), Potassium: 1269.65mg (36.28%), Copper: 0.63mg (31.73%), Phosphorus: 311.36mg (31.14%), Iron: 4.8mg (26.67%), Folate: 91.4µg (22.85%), Magnesium: 89.99mg (22.5%), Manganese: 0.45mg (22.37%), Vitamin K: 20.56µg (19.58%), Zinc: 2.62mg (17.49%), Vitamin B6: 0.31mg (15.5%), Vitamin B2: 0.24mg (14.24%), Calcium: 141.38mg (14.14%), Vitamin B1: 0.17mg (11.13%), Vitamin B3: 2.03mg (10.15%), Vitamin E: 1.43mg (9.51%), Vitamin B5: 0.93mg (9.3%), Selenium: 3.79µg (5.41%)