



Shrimp Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons canola oil
- ☐ 2 tablespoons carrots diced
- ☐ 2 tablespoons celery diced
- ☐ 0.3 cup onion diced
- ☐ 1 pound shrimp whole unpeeled
- ☐ 1 cup tomato paste
- ☐ 5 cups water cold

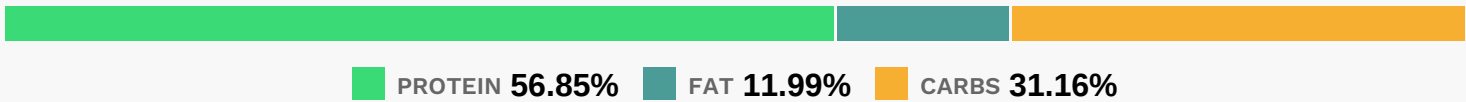
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add shrimp to pan; saut 2 minutes or until shells turn bright orange.
- ☐ Add onion, carrot, and celery; saut 3 minutes or until tender.
- ☐ Add tomato paste, stirring well with a wooden spoon. Cook 8 minutes or until tomato paste turns orange, stirring constantly.
- ☐ Add 5 cups water; bring to a boil.
- ☐ Remove from heat.
- ☐ Place half of shrimp mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining shrimp mixture. Return to pan. Bring to a simmer over medium heat; remove from heat.
- ☐ Let stand for 10 minutes. Strain the shrimp mixture through a fine sieve over a bowl. Discard solids.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:6.7965218061986%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 85.5kcal (4.27%), Fat: 1.21g (1.86%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.51g (2.01%), Sugar: 4.41g (4.89%), Cholesterol: 91.29mg (30.43%), Sodium: 337.98mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.83%), Vitamin A: 1134.99IU (22.7%), Copper: 0.37mg (18.46%), Phosphorus: 151.76mg (15.18%), Potassium: 506.27mg (14.46%), Vitamin E: 1.57mg (10.47%), Vitamin C: 7.83mg (9.49%), Magnesium: 36.25mg (9.06%), Iron: 1.3mg (7.2%), Zinc: 1mg (6.67%), Manganese: 0.13mg (6.57%), Fiber: 1.56g (6.26%), Calcium: 55.7mg (5.57%), Vitamin B3: 1.06mg (5.28%), Vitamin K: 5.37µg (5.11%), Vitamin B6: 0.08mg (4.17%), Vitamin B2: 0.05mg (3.22%), Selenium: 1.77µg (2.53%), Vitamin B1: 0.02mg (1.66%), Folate: 6.31µg (1.58%)