



Southwest Shrimp and Corn Chowder

READY IN



30 min.

SERVINGS



6

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 4.5 ounce chilis green undrained chopped canned
- 15.3 ounce bell pepper with red and green peppers, drained canned
- 1.5 cups fat-skimmed beef broth fat-free
- 3 tablespoons flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup spring onion chopped
- 0.5 teaspoon ground cumin
- 1.5 cups hash browns diced frozen southern-style thawed

- 1.5 cups milk 2% reduced-fat
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt
- 2 tablespoons serrano chiles finely chopped (1 small)
- 1 pound shrimp deveined peeled

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Melt butter in a large Dutch oven over medium-high heat.
- Add onions, bell pepper, and serrano chile to pan; saut 2 minutes or until tender, stirring frequently.
- Add canned chiles to pan; cook 1 minute.
- Add flour to pan; cook 1 minute, stirring constantly. Stir in milk and next 5 ingredients (through corn); bring to a boil. Cook 5 minutes or until slightly thick. Stir in shrimp; cook 1 minute or until shrimp are done.
- Remove from heat; stir in cilantro.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Place 2 (6-inch) flour tortillas in pan. Top each tortilla with 2 1/2 tablespoons preshredded reduced-fat Mexican blend cheese, 1 1/2 tablespoons chopped green onions, and 1 tablespoon chopped pickled jalapeo peppers. Cook 1 minute or just until cheese melts and tortilla is toasted. Arrange 1 (6-inch) flour tortilla over top of each quesadilla. Flip quesadillas; cook 30 seconds.
- Cut each quesadilla into 6 wedges, and serve with a small bowl of salsa.

Nutrition Facts



PROTEIN 36.34% **FAT 24.62%** **CARBS 39.04%**

Properties

Glycemic Index:44.5, Glycemic Load:5.35, Inflammation Score:-8, Nutrition Score:17.391304347826%

Flavonoids

Luteolin: 3.67mg, Luteolin: 3.67mg, Luteolin: 3.67mg, Luteolin: 3.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 215.86kcal (10.79%), Fat: 6.11g (9.39%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 18.46g (6.71%), Sugar: 5.92g (6.57%), Cholesterol: 136.47mg (45.49%), Sodium: 675.79mg (29.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.55%), Vitamin C: 90.92mg (110.2%), Vitamin K: 41.9µg (39.91%), Phosphorus: 281.16mg (28.12%), Copper: 0.44mg (21.95%), Vitamin A: 1082.42IU (21.65%), Potassium: 695.03mg (19.86%), Vitamin B6: 0.34mg (16.84%), Calcium: 158.42mg (15.84%), Manganese: 0.29mg (14.3%), Magnesium: 54.82mg (13.71%), Fiber: 3.32g (13.28%), Folate: 48.92µg (12.23%), Iron: 2.16mg (11.99%), Vitamin B2: 0.2mg (11.98%), Vitamin B1: 0.17mg (11.36%), Vitamin B3: 2.24mg (11.21%), Zinc: 1.68mg (11.19%), Vitamin B12: 0.43µg (7.24%), Selenium: 4.41µg (6.29%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.73mg (4.84%)