



## Spicy Coconut Shrimp Bisque

READY IN



70 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 0.3 cup celery chopped
- 0.5 cup coconut milk
- 1 dash fish sauce to taste
- 0.3 cup flour all-purpose
- 1 tablespoon basil fresh thinly sliced
- 0.3 cup green onions chopped
- 0.3 cup jalapeno fresh diced
- 0.3 teaspoon curry paste red to taste

- 2 ounces rice crackers
- 1 pound shrimp shelled deveined
- 2 cups creamy tomato soup ready-to-serve
- 2.5 cups water

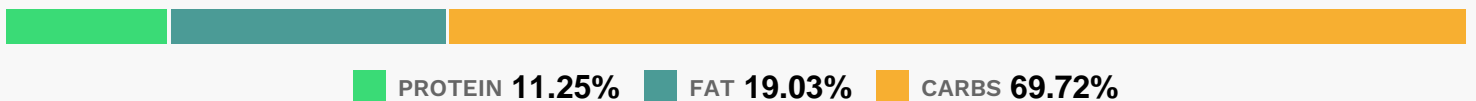
## Equipment

- bowl
- sauce pan
- ladle
- sieve

## Directions

- Melt 2 tablespoons butter in a saucepan over medium heat. Stir in shrimp shells; cook, stirring, until shells turn pink, 2 minutes.
- Pour in water and bring to a simmer; cook 20 minutes.
- Remove from heat and set aside.
- Melt 2 tablespoons butter in a large saucepan over medium heat. Stir in green onions, celery, and jalapeno; cook, stirring, until mixture is slightly softened, about 5 minutes. Reduce heat to medium low, stir in flour and cook 3 minutes.
- Pour tomato soup into onion mixture; stir to combine.
- Pour shrimp shell mixture through a mesh strainer into tomato soup mixture. Increase heat to medium-high and bring to a simmer.
- Stir coconut milk, red curry paste, and fish sauce into tomato soup mixture, bring to a simmer and cook for 15 minutes. Stir in shrimp, decrease to heat to low and simmer until shrimp are cooked through, 3 to 4 minutes. Ladle bisque into bowls, place a rice cracker in the middle, and top the cracker with sliced basil.

## Nutrition Facts



## Properties

Glycemic Index:87.95, Glycemic Load:33.33, Inflammation Score:-6, Nutrition Score:14.482174133477%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 441.07kcal (22.05%), Fat: 9.33g (14.35%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 76.87g (25.62%), Net Carbohydrates: 73.29g (26.65%), Sugar: 6.49g (7.21%), Cholesterol: 10.03mg (3.34%), Sodium: 247.07mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.81%), Selenium: 52.58µg (75.12%), Manganese: 1.07mg (53.34%), Phosphorus: 198.44mg (19.84%), Copper: 0.34mg (16.94%), Vitamin K: 17.23µg (16.41%), Magnesium: 63.02mg (15.76%), Potassium: 545.52mg (15.59%), Vitamin C: 12.3mg (14.9%), Fiber: 3.58g (14.31%), Iron: 2.33mg (12.96%), Vitamin B3: 2.39mg (11.96%), Vitamin B6: 0.2mg (9.87%), Vitamin B1: 0.15mg (9.77%), Zinc: 1.45mg (9.67%), Vitamin A: 481.43IU (9.63%), Folate: 33.57µg (8.39%), Vitamin B2: 0.1mg (5.61%), Vitamin B5: 0.51mg (5.09%), Calcium: 40.83mg (4.08%), Vitamin E: 0.56mg (3.7%)