



Spicy Kale and Shrimp Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce kidney beans rinsed drained canned
- ☐ 16 ounce tomatoes chopped canned
- ☐ 1 cup carrots chopped
- ☐ 1 teaspoon basil fresh chopped
- ☐ 2 cups mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 juice of lemon juiced

- ☐ 4 cups kale chopped (ribs removed)
- ☐ 8 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon curry paste red
- ☐ 1 pound shrimp deveined peeled

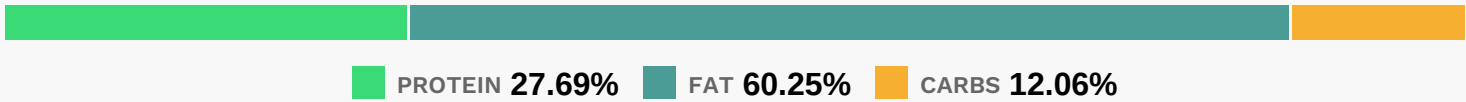
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-low heat. Cook and stir mushrooms, onion, carrots, and garlic in the hot oil until tender, 5 to 7 minutes.
- ☐ Pour chicken broth into the saucepan; add basil. Bring broth to a boil, reduce heat to low, place a cover on the saucepan, and simmer until the basil seasons the broth, about 10 minutes.
- ☐ Stir kale, curry paste, salt, and pepper into the broth; bring to a boil again, reduce heat to low, and simmer until kale softens, about 10 minutes.
- ☐ Stir shrimp, tomatoes, kidney beans, and lemon juice into broth; cook at a simmer until shrimp is bright pink on the outside and the meat is no longer transparent in the center, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:40.98, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:22.424782644147%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg,

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 548.56kcal (27.43%), Fat: 37.54g (57.75%), Saturated Fat: 15.77g (98.56%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 13.22g (4.81%), Sugar: 5.55g (6.17%), Cholesterol: 180.01mg (60%), Sodium: 361.66mg (15.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.82g (77.64%), Vitamin A: 2917.68IU (58.35%), Vitamin B3: 9.63mg (48.13%), Phosphorus: 415.94mg (41.59%), Zinc: 6.09mg (40.59%), Vitamin B12: 2.08µg (34.65%), Selenium: 23.34µg (33.35%), Copper: 0.65mg (32.7%), Vitamin B6: 0.65mg (32.45%), Potassium: 1015.34mg (29.01%), Vitamin B2: 0.48mg (28.26%), Iron: 4.07mg (22.62%), Magnesium: 68.83mg (17.21%), Fiber: 3.68g (14.73%), Manganese: 0.29mg (14.54%), Vitamin B1: 0.2mg (13.53%), Vitamin C: 10.11mg (12.26%), Calcium: 98.6mg (9.86%), Vitamin K: 9.42µg (8.97%), Folate: 30.01µg (7.5%), Vitamin E: 1.09mg (7.24%), Vitamin B5: 0.63mg (6.33%), Vitamin D: 0.28µg (1.9%)