



Spicy Shrimp and Red Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans red drained canned
- 10 ounce canned tomatoes with green chilies canned
- 1 medium rib celery chopped
- 10 ounce cream of mushroom soup canned
- 1 sprig optional: dill fresh
- 3 cloves garlic chopped
- 2 green onions chopped
- 2 tablespoons olive oil

12 ounces shrimp deveined peeled

0.8 cup water

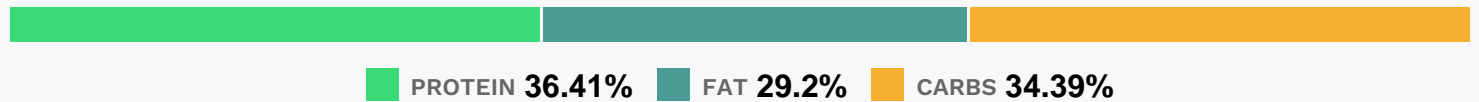
Equipment

sauce pan

Directions

Warm the oil in a large saucepan over medium heat. Stir in the garlic, celery, and green onions. Cook, stirring frequently, until tender, about 3 minutes. Stir in beans, tomatoes, cream of mushroom soup, and water. Bring to a boil. Stir in dill, reduce heat to medium, and simmer 10 minutes. Stir in shrimp, and simmer until shrimp are pink, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:7.02, Inflammation Score:-5, Nutrition Score:15.262608595516%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 291.51kcal (14.58%), Fat: 9.74g (14.98%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 18.48g (6.72%), Sugar: 5.25g (5.83%), Cholesterol: 140.47mg (46.82%), Sodium: 973.33mg (42.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.64%), Copper: 0.78mg (38.96%), Manganese: 0.73mg (36.38%), Phosphorus: 343.67mg (34.37%), Fiber: 7.33g (29.32%), Vitamin K: 24.86µg (23.68%), Potassium: 824.38mg (23.55%), Magnesium: 83.04mg (20.76%), Zinc: 2.82mg (18.83%), Iron: 3.36mg (18.65%), Vitamin E: 1.95mg (13%), Vitamin B6: 0.25mg (12.58%), Vitamin B1: 0.19mg (12.53%), Calcium: 122.14mg (12.21%), Folate: 45.85µg (11.46%), Vitamin C: 9.23mg (11.19%), Vitamin B3: 2.08mg (10.39%), Vitamin B2: 0.16mg (9.3%), Vitamin B5: 0.49mg (4.89%), Vitamin A: 215.45IU (4.31%), Selenium: 1.95µg (2.79%), Vitamin B12: 0.11µg (1.89%)