



Spicy Shrimp Broth

 Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chiles de árbol dried roughly chopped
- 1 carrots cut into 1/4-inch-thick rounds
- 2 stalks celery diced
- 1 bell pepper diced green
- 1 pound shrimp deveined peeled
- 2 tablespoons olive oil extra-virgin
- 8 cups seafood stock
- 1 tablespoon mexican shrimp powder dried

- 1 tomatoes diced seeded
- 2 tablespoons tomato paste
- 1 small onion diced white

Equipment

- bowl
- frying pan
- pot

Directions

- Bring the reserved shrimp shells and seafood stock to a boil in a large pot. Reduce the heat to medium low and simmer, uncovered, 20 minutes, stirring and skimming the surface occasionally. Strain the broth into a large bowl, pressing on the solids with the back of a spoon to release as much liquid as possible. Return the broth to the pot and keep warm.
- Meanwhile, heat the olive oil in a heavy skillet over medium-high heat.
- Add the onion and cook until translucent, about 5 minutes.
- Add the carrot, celery and bell pepper and cook until softened, about 7 minutes. Stir in the tomato and chiles de arbol and cook 5 more minutes. Stir in the tomato paste and dried shrimp powder and cook 3 minutes.
- Add the cooked vegetables to the broth. Cook over medium-low heat, covered, 1 hour, 30 minutes.
- Add the shrimp. Turn off the heat and let stand 3 minutes, or until the shrimp are cooked through.
- Serve with lime wedges.
- Photograph by Yunhee Kim

Nutrition Facts



PROTEIN 18% **FAT 18.1%** **CARBS 63.9%**

Properties

Glycemic Index:40.14, Glycemic Load:23.94, Inflammation Score:-9, Nutrition Score:18.39478241879%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 399.68kcal (19.98%), Fat: 7.95g (12.23%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 63.17g (21.06%), Net Carbohydrates: 59.16g (21.51%), Sugar: 5.27g (5.85%), Cholesterol: 3.97mg (1.32%), Sodium: 1104.33mg (48.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Selenium: 50.47µg (72.1%), Vitamin A: 2185.33IU (43.71%), Manganese: 0.8mg (40.19%), Vitamin B3: 6.31mg (31.54%), Phosphorus: 269.74mg (26.97%), Vitamin C: 21.9mg (26.55%), Copper: 0.45mg (22.66%), Potassium: 682.76mg (19.51%), Fiber: 4.01g (16.05%), Magnesium: 54.81mg (13.7%), Calcium: 132.57mg (13.26%), Vitamin B6: 0.25mg (12.64%), Vitamin K: 12.89µg (12.27%), Vitamin E: 1.77mg (11.82%), Iron: 2.09mg (11.6%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.58mg (10.56%), Folate: 41.44µg (10.36%), Vitamin B1: 0.11mg (7.02%), Vitamin B12: 0.33µg (5.42%), Vitamin B5: 0.45mg (4.49%)