

# Spicy Shrimp Broth

 Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 chiles de árbol roughly chopped
- 1 carrots cut into 1/4-inch rounds
- 2 celery stalks diced
- 1 bell pepper diced green
- 1 pound shrimp deveined peeled
- 8 servings lime wedges for serving
- 2 tablespoons olive oil
- 8 cups seafood stock

- 1 tablespoon shrimp powder dried
- 1 tomatoes diced seeded
- 2 tablespoons tomato paste
- 1 small onion diced white

## Equipment

- bowl
- frying pan
- pot

## Directions

- In a large pot, bring the reserved shrimp shells and seafood stock to a boil over medium-high heat. Reduce the heat and simmer to blend the flavors, uncovered, for 20 minutes, stirring and skimming the surface occasionally. Strain the broth into 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 in a medium, heavy saute pan, heat the olive oil over medium-high heat.
- Add the onions and cook until translucent, about 5 minutes.
- Add the carrot, celery, and bell pepper and cook until fragrant, about 7 minutes.
- Add the tomato and chile de arbol and cook for 5 minutes longer.
- Mix in the tomato paste and dried shrimp powder and cook for 3 minutes.
- Add the cooked vegetables to the warm broth and stir. Cook on medium-low heat, covered, for 1 1/2 hours.
- Add the shrimp to the simmering broth. Turn off the heat and let the soup stand for 3 minutes until the shrimp are translucent and cooked through.
- Serve hot with lime wedges.

## Nutrition Facts



PROTEIN 19.08%  FAT 18.03%  CARBS 62.89%

## Properties

Glycemic Index:34.1, Glycemic Load:17.94, Inflammation Score:-8, Nutrition Score:13.455652091814%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 303.15kcal (15.16%), Fat: 6.01g (9.25%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 44.32g (16.12%), Sugar: 3.85g (4.27%), Cholesterol: 21.07mg (7.02%), Sodium: 883.93mg (38.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Selenium: 37.82µg (54.03%), Vitamin A: 1599.09IU (31.98%), Manganese: 0.59mg (29.65%), Vitamin B3: 4.7mg (23.52%), Vitamin C: 16.44mg (19.93%), Phosphorus: 196.37mg (19.64%), Copper: 0.33mg (16.51%), Potassium: 484.81mg (13.85%), Fiber: 2.89g (11.57%), Calcium: 102.37mg (10.24%), Magnesium: 39.53mg (9.88%), Iron: 1.68mg (9.32%), Vitamin B6: 0.18mg (9.17%), Vitamin E: 1.31mg (8.72%), Vitamin B2: 0.13mg (7.71%), Zinc: 1.15mg (7.68%), Folate: 27.92µg (6.98%), Vitamin K: 7.03µg (6.7%), Vitamin B1: 0.08mg (5.16%), Vitamin B12: 0.24µg (4.07%), Vitamin B5: 0.32mg (3.17%)