



## Yellow Squash and Split Pea Soup with Shrimp

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**221 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter
- 0.5 cup cooking wine dry white
- 5 cups fat-skimmed chicken broth
- 1 teaspoon ground cumin
- 0.5 teaspoon ground turmeric dried
- 1 stalk lemon grass fresh (10 to 12 in. long)
- 1 teaspoon olive oil

- 8 oz onion diced peeled
- 0.1 teaspoon pepper
- 6 ounces rock shrimp frozen thawed deveined rinsed peeled
- 0.3 teaspoon salt
- 0.5 cup whipping cream
- 1 cup peas dried split yellow
- 1 lb summer squash diced yellow ()

## Equipment

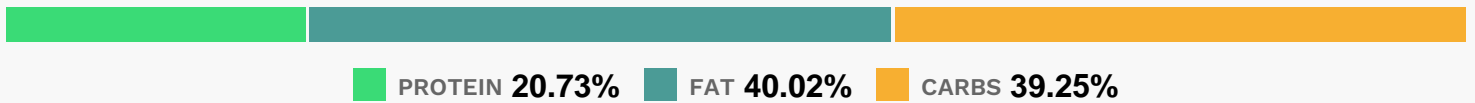
- food processor
- bowl
- frying pan
- ladle
- oven
- knife
- sieve
- blender
- baking pan
- slotted spoon

## Directions

- In a 12- by 15-inch baking pan, mix squash with olive oil; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper and mix to coat.
- Bake in a 400 regular or convection oven, stirring occasionally, until squash is tender when pierced, 15 to 20 minutes.
- Meanwhile, in a 5- to 6-quart pan over medium heat, melt butter.
- Add onion and stir occasionally until very limp, 8 to 10 minutes.
- Add broth and wine, increase heat, and bring to a simmer.

- Add shrimp and simmer, uncovered, just until pink on the outside and opaque but still moist-looking in center of thickest part (cut to test), about 2 minutes. With a strainer or a slotted spoon, transfer shrimp to a bowl.
- Rinse lemon grass; cut off and discard tough tops and root end.
- Remove and discard tough outer layers. With the flat side of a knife or a mallet, crush tender inner stalk.
- Add to pan along with cumin, turmeric, and split peas. Bring to a boil over high heat, then cover, reduce heat, and simmer, stirring occasionally, until peas are very tender and almost completely broken down, about 50 minutes.
- Stir in all but about 1/4 cup roasted squash. In a blender or food processor, working in batches if necessary, whirl soup until smooth. Return to pan over low heat and stir in cream and salt and pepper to taste.
- Heat until steaming (see notes).
- Ladle soup into bowls and top equally with shrimp and reserved roasted squash.

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:13.080000006634%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

## Nutrients (% of daily need)

Calories: 220.86kcal (11.04%), Fat: 9.66g (14.86%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 13.86g (5.04%), Sugar: 5.22g (5.8%), Cholesterol: 51.12mg (17.04%), Sodium: 807.11mg (35.09%), Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 11.26g (22.52%), Manganese: 0.64mg (31.9%), Fiber: 7.45g (29.78%), Folate: 97.1µg (24.27%), Phosphorus: 203.07mg (20.31%), Copper: 0.33mg (16.47%), Vitamin B1: 0.24mg

(16.01%), Potassium: 545.34mg (15.58%), Selenium: 10.59µg (15.13%), Vitamin C: 12.37mg (14.99%), Vitamin B6: 0.27mg (13.62%), Magnesium: 51.84mg (12.96%), Vitamin B2: 0.21mg (12.31%), Vitamin B3: 2.26mg (11.28%), Iron: 2.03mg (11.25%), Vitamin A: 498.51IU (9.97%), Vitamin B12: 0.55µg (9.16%), Zinc: 1.31mg (8.7%), Vitamin B5: 0.84mg (8.42%), Vitamin K: 6.61µg (6.3%), Calcium: 61.7mg (6.17%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.26µg (1.73%)