

Shrimp and Corn Chowder II

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Servings: 6

- 2 tablespoons unsalted butter
- 2 small leeks, cleaned and sliced
- 1 large (about 12 ounce) baking potato, peeled and cubed
- 3 cups reduced-sodium chicken broth
- 4 cups corn kernels
- 1 1/2 cups half-and-half
- 2 tablespoons cornstarch
- 2 teaspoons Old Bay seasoning
- 1 sweet yellow pepper, cored, seeded and thinly sliced
- 1 sweet orange pepper, cored, seeded and thinly sliced
- 1 pound medium shrimp, shelled, deveined and cut into thirds
- 1 tablespoon lemon juice
- 1/2 teaspoon hot sauce

Preparation Time: 15 minutes

Cook Time: 28 minutes

In a large pot, melt the butter over medium heat and add the leeks. Cook for 8 minutes, stirring occasionally.

Add the potato, broth and corn kernels. Simmer for 15 minutes, stirring occasionally.

Combine the half-and-half and cornstarch. Stir into the pot.

Add the Old Bay seasoning and bring to a simmer.

Add the peppers and shrimp. Simmer for 5 minutes, stirring occasionally.

Stir in the lemon juice and hot sauce.

Serve immediately.

Per Serving (excluding unknown items): 260 Calories; 6g Fat (18.9% calories from fat); 20g Protein; 36g Carbohydrate; 4g Dietary Fiber; 125mg Cholesterol; 137mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.

Soups and Chili

Per Serving Nutritional Analysis

Calories (kcal):	260	Vitamin B6 (mg):	.3mg
% Calories from Fat:	18.9%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	52.3%	Thiamin B1 (mg):	.1mg

% Calories from Protein: 28.8%
 Total Fat (g): 6g
 Saturated Fat (g): 3g
 Monounsaturated Fat (g): 1g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 125mg
 Carbohydrate (g): 36g
 Dietary Fiber (g): 4g
 Protein (g): 20g
 Sodium (mg): 137mg
 Potassium (mg): 568mg
 Calcium (mg): 67mg
 Iron (mg): 3mg
 Zinc (mg): 1mg
 Vitamin C (mg): 52mg
 Vitamin A (i.u.): 358IU
 Vitamin A (r.e.): 84 1/2RE

Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 65mcg
 Niacin (mg): 4mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Deficient: 0.0%

Food Exchanges

Grain (Starch): 2
 Lean Meat: 2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 260 Calories from Fat: 49

% Daily Values*

Total Fat	6g	9%
Saturated Fat	3g	13%
Cholesterol	125mg	42%
Sodium	137mg	6%
Total Carbohydrates	36g	12%
Dietary Fiber	4g	15%
Protein	20g	

Vitamin A	7%
Vitamin C	87%
Calcium	7%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.