



Aunt Effie's Oyster Stew

READY IN



25 min.

SERVINGS



10

CALORIES



381 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 16 ounce dozens oysters with liquid canned
- ☐ 1 large potatoes peeled cut into 1/2-inch cubes
- ☐ 0.8 cup powdered milk
- ☐ 4 teaspoons salt
- ☐ 10 servings water as needed
- ☐ 3 cups whipping cream

☐ 4 teaspoons worcestershire sauce

Equipment

☐ bowl

☐ whisk

☐ dutch oven

Directions

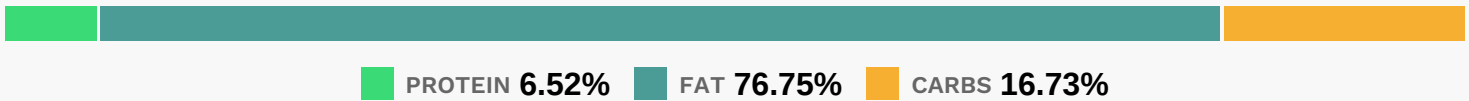
☐ Combine 3 cups water and potato in a Dutch oven over medium heat; bring to a boil and cook until the potato is soft, 4 to 5 minutes.

☐ Stir the butter into the potato cubes and cook an additional 5 minutes.

☐ Whisk the flour and 1/3 cup water together in a small bowl until smooth; stir into the potato mixture.

☐ Mix the oysters with their liquid, whipping cream, mushrooms, powdered milk, salt, and Worcestershire sauce into the potato mixture; cook until warmed through, 5 to 10 minutes. Thin with additional water as needed, adding 1/4 cup at a time, stirring continually, until you get your desired consistency.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:8.75, Inflammation Score:-7, Nutrition Score:10.144347709158%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 380.92kcal (19.05%), Fat: 33.13g (50.96%), Saturated Fat: 20.98g (131.15%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.22g (5.53%), Sugar: 6.53g (7.26%), Cholesterol: 104.01mg (34.67%), Sodium: 1071.24mg (46.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin A: 1285.69IU (25.71%), Vitamin B2: 0.33mg (19.39%), Zinc: 2.5mg (16.64%), Phosphorus: 156.9mg (15.69%), Calcium: 154.3mg (15.43%), Vitamin D: 2.17µg (14.46%), Vitamin B12: 0.84µg (13.94%), Copper: 0.26mg (13.25%), Potassium: 413.68mg

(11.82%), Vitamin C: 9.04mg (10.95%), Selenium: 7.09µg (10.13%), Vitamin B6: 0.18mg (8.81%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.69mg (6.88%), Magnesium: 27.06mg (6.76%), Vitamin E: 0.89mg (5.95%), Vitamin B3: 1.15mg (5.75%), Folate: 22.25µg (5.56%), Iron: 0.99mg (5.51%), Manganese: 0.11mg (5.49%), Fiber: 1.02g (4.08%), Vitamin K: 3.68µg (3.5%)