



Best Oyster Chowder Ever

READY IN



40 min.

SERVINGS



6

CALORIES



216 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli coarsely chopped
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.5 cup regular corn frozen
- 6 servings salt and ground pepper black to taste
- 3 cups milk
- 1 onion chopped
- 1 potatoes diced
- 12 ounce shucked oysters with liquid reserved drained

1 cup water

Equipment

frying pan

sauce pan

Directions

Cook oysters and reserved liquid in a skillet over medium heat until edges curl, 5 to 10 minutes.

Remove skillet from heat.

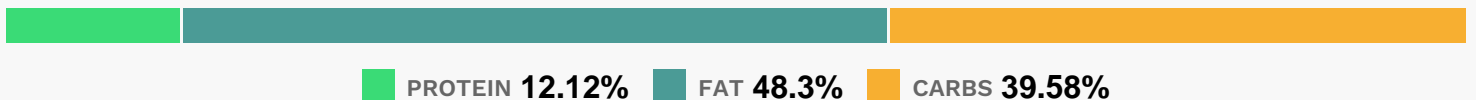
Combine onion, potato, broccoli, water, and corn in a saucepan; bring to a boil. Reduce heat and simmer until vegetables are tender, 10 to 15 minutes.

Drain vegetables and reserve liquid.

Melt butter in a large pan over medium heat. Stir flour into melted butter until smooth, about 1 minute. Slowly pour reserved vegetable water and milk into butter-flour mixture; cook until thickened, about 5 minutes.

Add oysters and vegetables to milk mixture and cook over medium-low heat until heated through, about 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:56.29, Glycemic Load:10.16, Inflammation Score:-6, Nutrition Score:11.697391313055%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 216.25kcal (10.81%), Fat: 11.94g (18.37%), Saturated Fat: 7.22g (45.11%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 19.99g (7.27%), Sugar: 7.23g (8.03%), Cholesterol: 37.24mg (12.41%), Sodium: 122.48mg (5.33%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Vitamin C: 22.42mg (27.18%), Zinc: 3.07mg (20.46%), Vitamin B12: 1.17µg (19.52%), Phosphorus: 183.97mg (18.4%), Calcium: 174mg (17.4%), Vitamin K: 16.97µg (16.16%), Vitamin B2: 0.25mg (14.6%), Potassium: 464.01mg (13.26%), Vitamin B6: 0.26mg (12.8%), Copper: 0.24mg (11.91%), Vitamin B1: 0.17mg (11.48%), Vitamin A: 530.05IU (10.6%), Manganese: 0.2mg (10.02%), Vitamin D: 1.34µg (8.95%), Magnesium: 35.04mg (8.76%), Selenium: 5.97µg (8.54%), Folate: 34.13µg (8.53%), Fiber: 2.02g (8.1%), Vitamin B5: 0.75mg (7.54%), Vitamin B3: 1.21mg (6.07%), Iron: 1.03mg (5.73%), Vitamin E: 0.45mg (3.03%)