



Campbell's Kitchen Seafood Bisque

 **Gluten Free**

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

587 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 21.5 ounce campbell's® condensed cream of shrimp soup canned
- ☐ 21.5 ounce campbell's® condensed cream of potato soup canned
- ☐ 8 servings cream sherry to taste
- ☐ 4 cups half-and-half
- ☐ 1 cup heavy cream
- ☐ 8 servings pepper sauce hot to taste
- ☐ 1 pound seafood fresh frozen shelled (cut-up lobster, shrimp, scallops, crabmeat OR imitation crabmeat)
- ☐ 0.3 cup butter sweet

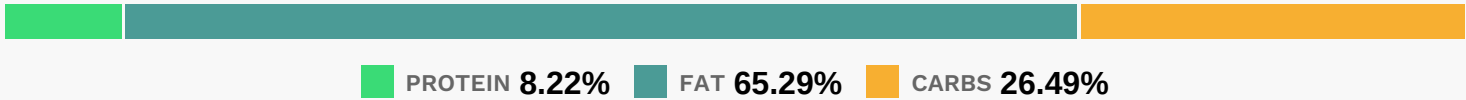
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in large saucepan.
- ☐ Add your choice of seafood and cook until done.
- ☐ Add soups, heavy cream and half-and-half; stir until smooth.
- ☐ Heat through. Season with hot pepper sauce and sherry.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:11.329565162244%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 587.01kcal (29.35%), Fat: 35.24g (54.21%), Saturated Fat: 20.59g (128.67%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 30.79g (11.2%), Sugar: 11.47g (12.74%), Cholesterol: 109.65mg (36.55%), Sodium: 1310.18mg (56.96%), Alcohol: 15.14g (100%), Alcohol %: 3.73% (100%), Protein: 9.98g (19.96%), Manganese: 0.55mg (27.72%), Vitamin A: 1309.76IU (26.2%), Vitamin B2: 0.37mg (21.59%), Phosphorus: 211.43mg (21.14%), Calcium: 200.62mg (20.06%), Vitamin B5: 1.73mg (17.34%), Vitamin K: 17.55µg (16.72%), Copper: 0.26mg (12.93%), Potassium: 451.91mg (12.91%), Vitamin E: 1.85mg (12.36%), Selenium: 7.8µg (11.14%), Vitamin B6: 0.18mg (8.76%), Magnesium: 33.6mg (8.4%), Zinc: 1.2mg (7.99%), Iron: 1.16mg (6.44%), Vitamin B1: 0.09mg (5.92%), Vitamin B12: 0.35µg (5.84%), Fiber: 1.39g (5.54%), Vitamin B3: 0.84mg (4.21%), Vitamin D: 0.48µg (3.17%), Folate: 9.56µg (2.39%), Vitamin C: 1.49mg (1.81%)