



## Christmas Eve Oyster Stew

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**6**

CALORIES



**144 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter
- 1 dash garlic powder
- 4 cups milk
- 1 small onion minced
- 16 ounce dozens oysters canned
- 2 tablespoons worcestershire sauce

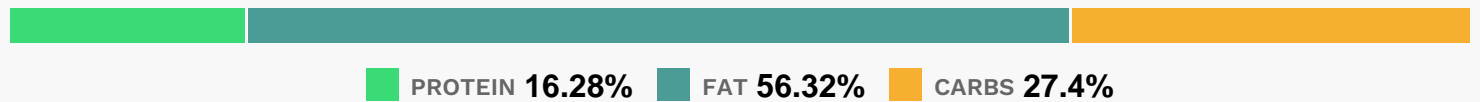
### Equipment

- pot

## Directions

- Melt the butter in a large pot over medium-high heat; cook the onion in the melted butter until tender, about 5 minutes.
- Pour the oysters with their juices into the pot and bring to a boil; cook 3 minutes.
- Add the milk, Worcestershire sauce, and garlic powder; stir. Allow the soup to cook until heated completely through, 5 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:3.13, Inflammation Score:-4, Nutrition Score:8.2486955730811%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 144kcal (7.2%), Fat: 9.13g (14.05%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.79g (3.56%), Sugar: 8.94g (9.93%), Cholesterol: 32.58mg (10.86%), Sodium: 172.39mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin B12: 1.55µg (25.8%), Zinc: 3.67mg (24.49%), Calcium: 214.42mg (21.44%), Phosphorus: 179.6mg (17.96%), Vitamin B2: 0.24mg (14.32%), Vitamin D: 1.79µg (11.93%), Copper: 0.23mg (11.69%), Potassium: 319.48mg (9.13%), Vitamin A: 388.18IU (7.76%), Vitamin B1: 0.1mg (6.81%), Selenium: 4.72µg (6.74%), Vitamin B5: 0.64mg (6.43%), Vitamin B6: 0.12mg (5.8%), Magnesium: 22.89mg (5.72%), Iron: 0.68mg (3.75%), Manganese: 0.04mg (2.2%), Vitamin C: 1.6mg (1.94%), Vitamin E: 0.26mg (1.74%), Vitamin B3: 0.3mg (1.48%)