



## Crab and Oyster Bisque

READY IN



20 min.

SERVINGS



10

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 4 cloves garlic finely chopped
- 2 shallots finely chopped
- 3 tablespoons flour all-purpose
- 8 oz bottled clam juice
- 1 cup wine dry white
- 1 tablespoon worcestershire sauce
- 1 teaspoon cajun spice
- 0.3 teaspoon pepper

- 4 cups whipping cream
- 12 oz dozens oysters fresh drained
- 1 lb lump crab meat fresh
- 1 serving oyster crackers
- 1 serving parsley fresh italian chopped (flat-leaf)

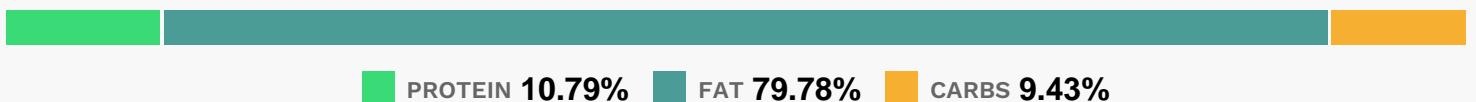
## Equipment

- dutch oven

## Directions

- In 4- to 5-quart Dutch oven, melt butter over medium heat. Cook garlic and shallots in butter, stirring occasionally, until tender.
- Add flour; cook 1 minute, stirring constantly.
- Add clam juice and wine; cook 2 minutes, stirring constantly, until thickened.
- Stir in Worcestershire sauce, Cajun seasoning, pepper and whipping cream. Cook until thoroughly heated, about 10 minutes. Stir in oysters and crabmeat; cook just until edges of oysters curl.
- Serve with oyster crackers; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:22.9, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:14.768695432207%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 456.88kcal (22.84%), Fat: 39.5g (60.78%), Saturated Fat: 22.94g (143.35%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.04g (3.65%), Sugar: 4.41g (4.9%), Cholesterol: 127.99mg (42.66%), Sodium: 582.05mg (25.31%), Alcohol: 2.47g (100%), Alcohol %: 1.5% (100%), Protein: 12.02g (24.04%), Vitamin B12: 4.55µg (75.77%), Vitamin A: 1782.75IU (35.66%), Selenium: 21.32µg (30.46%), Zinc: 4.39mg (29.25%), Copper: 0.55mg (27.65%), Phosphorus: 176.73mg (17.67%), Vitamin B2: 0.24mg (13.87%), Vitamin D: 1.52µg (10.15%), Vitamin K: 10.44µg (9.95%), Calcium: 99.08mg (9.91%), Magnesium: 36.26mg (9.06%), Folate: 34.83µg (8.71%), Vitamin B6: 0.17mg (8.4%), Vitamin E: 1.19mg (7.94%), Potassium: 275.13mg (7.86%), Vitamin C: 6.42mg (7.78%), Manganese: 0.14mg (6.75%), Iron: 1.05mg (5.83%), Vitamin B1: 0.08mg (5.44%), Vitamin B5: 0.49mg (4.89%), Vitamin B3: 0.96mg (4.78%), Fiber: 0.47g (1.9%)