



Crab and Oyster Bisque

READY IN



35 min.

SERVINGS



15

CALORIES



299 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 teaspoon cajun spice
- ☐ 8 ounce bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 1 pound lump crab meat fresh
- ☐ 12 ounce dozens oysters fresh drained
- ☐ 0.3 teaspoon pepper

- ☐ 2 shallots finely chopped
- ☐ 1 quart whipping cream
- ☐ 1 tablespoon worcestershire sauce

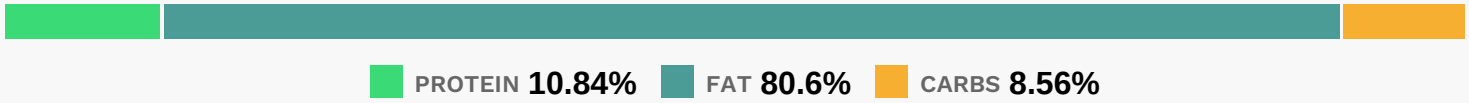
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat; add garlic and shallot, and saut until tender.
- ☐ Add flour; cook 1 minute, stirring constantly.
- ☐ Add clam juice and wine; cook 2 minutes or until thickened, stirring constantly.
- ☐ Stir in Worcestershire sauce and next 3 ingredients. Cook until thoroughly heated, about 10 minutes. Stir in oysters and crabmeat; cook just until edges of oysters curl.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:9.452173943105%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 299.03kcal (14.95%), Fat: 26.11g (40.17%), Saturated Fat: 15.19g (94.92%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.96g (2.17%), Sugar: 2.91g (3.24%), Cholesterol: 84.9mg (28.3%), Sodium: 378.37mg (16.45%), Alcohol: 1.65g (100%), Alcohol %: 1.52% (100%), Protein: 7.9g (15.8%), Vitamin B12: 3.03µg (50.49%), Vitamin A: 1160.49IU (23.21%), Selenium: 14.1µg (20.14%), Zinc: 2.91mg (19.43%), Copper: 0.37mg (18.34%), Phosphorus: 116.43mg (11.64%), Vitamin B2: 0.15mg (8.91%), Vitamin D: 1.01µg (6.73%), Calcium: 65.24mg (6.52%), Magnesium: 23.78mg (5.95%), Vitamin B6: 0.11mg (5.54%), Folate: 21.46µg (5.36%), Vitamin E: 0.78mg (5.18%), Potassium: 180.06mg (5.14%), Vitamin C: 3.92mg (4.76%), Manganese: 0.08mg (4.06%), Iron: 0.63mg (3.48%), Vitamin B5:

0.32mg (3.2%), Vitamin B1: 0.05mg (3.14%), Vitamin B3: 0.57mg (2.85%), Vitamin K: 2.32µg (2.21%), Fiber: 0.28g (1.12%)