



Creamy Shrimp Bisque

READY IN



45 min.

SERVINGS



5

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 2 celery stalks chopped
- 3.5 cups fish stock
- 0.3 cup flour all-purpose
- 3 tablespoons parsley fresh chopped
- 1 glove garlic minced
- 1 green onion with tops, chopped
- 2 cups half and half
- 8 ounces live maine lobsters cooked chopped

3 slices bread white

Equipment

baking sheet

sauce pan

oven

cookie cutter

Directions

In a medium saucepan, add celery, onions and butter, stirring occasionally. When tender add garlic and mix together. Stir in flour and half and half.

Let simmer for 5 minutes.

Stir in fish stock and parsley. Cook for 10 minutes until it thickens.

Add shrimp meat and let simmer for 10 minutes or until heated through. Stir occasionally.

Add salt, to taste.

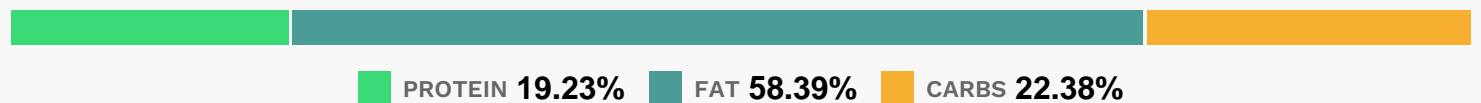
When ready, serve with croutons.

Preheat oven to 350 degrees F.

Cut bread with a heart shaped cookie cutter.

Place onto a cookie sheet and bake until toasted.

Nutrition Facts



Properties

Glycemic Index:65.16, Glycemic Load:9.99, Inflammation Score:-6, Nutrition Score:16.438260969908%

Flavonoids

Apigenin: 5.22mg, Apigenin: 5.22mg, Apigenin: 5.22mg, Apigenin: 5.22mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 342.95kcal (17.15%), Fat: 22.23g (34.2%), Saturated Fat: 13.01g (81.33%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 18.42g (6.7%), Sugar: 5.09g (5.65%), Cholesterol: 115.57mg (38.52%), Sodium: 940.9mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.95%), Selenium: 39.67µg (56.67%), Vitamin K: 47.25µg (45%), Copper: 0.75mg (37.31%), Phosphorus: 248.45mg (24.84%), Calcium: 235.27mg (23.53%), Vitamin B3: 4.43mg (22.16%), Vitamin B2: 0.33mg (19.54%), Vitamin A: 864.7IU (17.29%), Zinc: 2.39mg (15.96%), Vitamin B12: 0.94µg (15.68%), Folate: 52.29µg (13.07%), Vitamin B1: 0.19mg (12.34%), Potassium: 421.02mg (12.03%), Vitamin B5: 1.09mg (10.85%), Manganese: 0.19mg (9.57%), Magnesium: 36.74mg (9.18%), Iron: 1.62mg (8.98%), Vitamin E: 1.23mg (8.18%), Vitamin B6: 0.14mg (7.14%), Vitamin C: 4.75mg (5.76%), Fiber: 0.75g (3%)