Dovel Family Oyster Stew

Gluten Free Low Fod Map

READY IN	SERVINGS	CALORIES
20 min.	6	301 kcal

SOUP ANTIPASTI STARTER SNACK

Ingredients

- [ ] 0.3 cup butter
- [ ] 32 fluid ounces half-and-half
- [ ] 16 ounce dozens oysters drained canned

Equipment

- [ ] frying pan
- [ ] sauce pan

Directions

- [ ] Melt the butter in a medium saucepan over medium heat.
- [ ] Cook the drained oysters in the butter over medium heat until warmed through. Stir in half-and-half and bring to a slight simmer. Reduce heat, and stir occasionally to prevent boiling or scorching the bottom of the pan.
- [ ] Serve hot.

Nutrition Facts

PROTEIN **7.15%** FAT **83.72%** CARBS **9.13%**

Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.3926087514214%

Nutrients (% of daily need)

Calories: 300.87kcal (15.04%), Fat: 28.49g (43.84%), Saturated Fat: 17.6g (110.03%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.99g (2.54%), Sugar: 6.57g (7.3%), Cholesterol: 85.34mg (28.45%), Sodium: 183.72mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Zinc: 3.6mg (23.98%), Vitamin B2: 0.32mg (18.65%), Calcium: 176.23mg (17.62%), Vitamin A: 876.76IU (17.54%), Vitamin B12: 0.98µg (16.38%), Phosphorus: 160.18mg (16.02%), Copper: 0.23mg (11.52%), Selenium: 6.66µg (9.52%), Potassium: 222.99mg (6.37%), Vitamin E: 0.75mg (5.01%), Vitamin B5: 0.49mg (4.87%), Magnesium: 17.38mg (4.35%), Vitamin B6: 0.08mg (4.08%), Vitamin B1: 0.05mg (3.29%), Vitamin K: 3.01µg (2.87%), Iron: 0.43mg (2.39%), Vitamin C: 1.42mg (1.72%), Folate: 5.64µg (1.41%), Vitamin B3: 0.25mg (1.24%), Manganese: 0.02mg (1.2%)