



Golden Oyster Bisque

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 cup celery coarsely chopped
- ☐ 8 ounce bottled clam juice
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.8 teaspoon ground coriander seeds
- ☐ 0.1 teaspoon ground pepper red
- ☐ 3 cups milk 2% reduced-fat
- ☐ 16 ounce standard oysters undrained

- ☐ 1 cup onion red coarsely chopped
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water hot

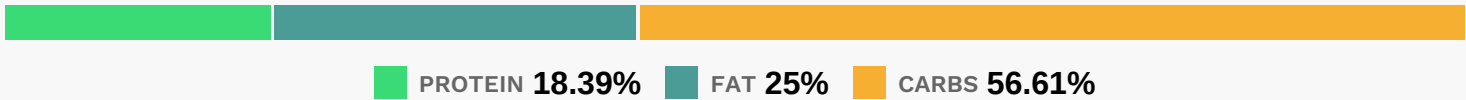
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Drain the oysters in a colander over a bowl, reserving the liquid.
- ☐ Add enough clam juice to the oyster liquid to equal 1 cup, and set aside. Reserve the remaining clam juice for another use. Coarsely chop oysters.
- ☐ Combine water and saffron in small bowl; set aside.
- ☐ Melt the butter in a large saucepan over medium heat.
- ☐ Add the onion and celery; cook for 5 minutes, stirring frequently. Stir in flour and coriander; cook 1 minute.
- ☐ Add the oyster liquid, saffron water, and milk, stirring with a whisk. Cook until thick (about 12 minutes), stirring frequently.
- ☐ Add the oysters, parsley, salt, and pepper. Cook for 3 minutes or until edges of oysters curl.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:3.53, Inflammation Score:-6, Nutrition Score:10.701739109081%

Flavonoids

Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 120.75kcal (6.04%), Fat: 3.39g (5.22%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 16.08g (5.85%), Sugar: 8.67g (9.63%), Cholesterol: 14.26mg (4.75%), Sodium: 317.24mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin K: 46.46µg (44.25%), Zinc: 3.71mg (24.75%), Vitamin B12: 1.3µg (21.66%), Calcium: 168.36mg (16.84%), Vitamin B2: 0.28mg (16.24%), Phosphorus: 140.25mg (14.03%), Copper: 0.26mg (13.24%), Vitamin A: 504.91IU (10.1%), Vitamin C: 8.03mg (9.74%), Selenium: 6.64µg (9.48%), Potassium: 317.06mg (9.06%), Folate: 33.98µg (8.5%), Vitamin B1: 0.11mg (7.66%), Manganese: 0.15mg (7.46%), Magnesium: 24.09mg (6.02%), Vitamin B6: 0.12mg (6.02%), Vitamin B5: 0.58mg (5.76%), Iron: 0.96mg (5.34%), Fiber: 1.21g (4.85%), Vitamin B3: 0.7mg (3.5%), Vitamin E: 0.25mg (1.64%)