



Grandpa's Oyster Stew

READY IN



35 min.

SERVINGS



4

CALORIES



496 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 clove garlic crushed
- 1.5 cups heavy cream
- 1 cup oyster crackers
- 4 servings sea salt to taste
- 2 shallots minced
- 0.5 cup cooking sherry dry white dry
- 24 freshly shucked oysters

- 1 pinch paprika sweet
- 1.5 cups milk whole

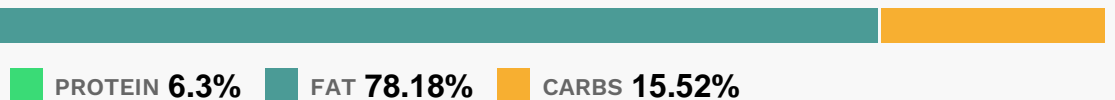
Equipment

- bowl
- ladle
- pot

Directions

- Stir butter and garlic in stockpot over medium heat until butter begins to brown.
- Remove garlic and discard.
- Stir shallots into browned butter. Cook and stir until translucent, 5 to 7 minutes.
- Pour sherry over shallots in the stockpot and bring to a boil while scraping any browned bits off of the bottom of the pot. Simmer until liquid is reduced by half, 3 to 5 minutes.
- Pour reserved oyster liquor, milk, and cream into the stockpot; bring mixture to a simmer. Reduce heat to medium-low and stir in oysters; cook until oyster edges begin to ruffle, about 3 minutes.
- Remove from heat.
- Stir in parsley; season with sea salt to taste. Ladle into bowls and garnish with sweet paprika and oyster crackers.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:13.931304268215%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg,

Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 495.99kcal (24.8%), Fat: 42g (64.62%), Saturated Fat: 26.06g (162.9%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.87g (6.5%), Sugar: 8.53g (9.48%), Cholesterol: 130.24mg (43.41%), Sodium: 415.09mg (18.05%), Alcohol: 3.09g (100%), Alcohol %: 1.55% (100%), Protein: 7.62g (15.23%), Vitamin A: 1931.13IU (38.62%), Vitamin K: 39.8µg (37.9%), Zinc: 4.1mg (27.35%), Vitamin B12: 1.39µg (23.23%), Vitamin B2: 0.37mg (21.86%), Calcium: 192.36mg (19.24%), Phosphorus: 181.48mg (18.15%), Vitamin D: 2.43µg (16.23%), Copper: 0.29mg (14.3%), Vitamin B1: 0.16mg (10.86%), Selenium: 7.6µg (10.86%), Manganese: 0.22mg (10.78%), Potassium: 336.8mg (9.62%), Vitamin E: 1.32mg (8.82%), Vitamin B6: 0.17mg (8.71%), Iron: 1.53mg (8.48%), Magnesium: 28.73mg (7.18%), Vitamin B5: 0.72mg (7.17%), Folate: 27.18µg (6.79%), Vitamin C: 4.43mg (5.37%), Vitamin B3: 1.07mg (5.36%), Fiber: 0.88g (3.54%)