

Lobster and Chive Bisque

READY IN



25 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter
- 4 tablespoons flour all-purpose
- 3 tablespoons chives fresh chopped
- 1 cup heavy whipping cream
- 1 cup live maine lobsters
- 3 cups milk
- 2 tablespoons onion minced
- 1.5 teaspoons salt

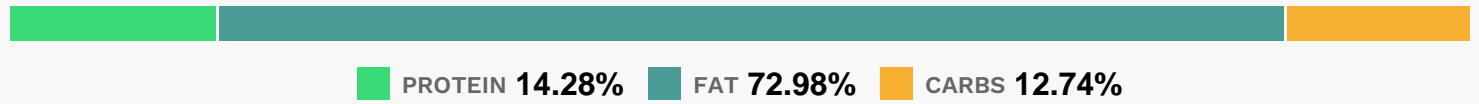
Equipment

pot

Directions

- In a medium size pot, saute lobster meat, onion and butter until onions are soft.
- Stir flour into the pot. When all ingredients are well blended, add milk, salt and cream. Cook over a low heat until soup has thickened.
- Garnish soup with green onions before serving.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:5.01, Inflammation Score:-6, Nutrition Score:12.023478355097%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 342.06kcal (17.1%), Fat: 28.04g (43.15%), Saturated Fat: 17.47g (109.2%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 10.79g (3.93%), Sugar: 7.22g (8.02%), Cholesterol: 134.62mg (44.87%), Sodium: 880.53mg (38.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.69%), Selenium: 30.43µg (43.47%), Copper: 0.55mg (27.44%), Vitamin A: 1139.23IU (22.78%), Phosphorus: 219.75mg (21.97%), Calcium: 215.42mg (21.54%), Vitamin B12: 1.24µg (20.58%), Vitamin B2: 0.28mg (16.46%), Zinc: 2.05mg (13.66%), Vitamin D: 1.98µg (13.18%), Vitamin B5: 1.17mg (11.71%), Potassium: 317.12mg (9.06%), Magnesium: 34.71mg (8.68%), Vitamin B1: 0.13mg (8.45%), Vitamin E: 1.05mg (6.98%), Vitamin B6: 0.14mg (6.9%), Vitamin B3: 1.09mg (5.47%), Vitamin K: 5.68µg (5.41%), Folate: 17.24µg (4.31%), Manganese: 0.07mg (3.64%), Iron: 0.41mg (2.29%), Vitamin C: 1.36mg (1.64%)