



Lobster Bisque

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp butter
- 2 Tbsp cooking sherry dry
- 1.5 cups pd of lobster cooked chopped
- 1.5 cups milk
- 8 oz philadelphia neufchatel cheese cubed
- 0.3 cup onions chopped
- 0.3 tsp salt

Equipment

sauce pan

Directions

- Melt butter in medium saucepan on medium heat.
- Add onions; cook 5 min. or until crisp-tender, stirring occasionally.
- Add milk and Neufchatel; cook 5 min. or until Neufchatel is melted, stirring occasionally.
- Stir in remaining ingredients; cook 5 min. or until heated through, stirring occasionally.

Nutrition Facts

PROTEIN 19.69% **FAT 68.36%** **CARBS 11.95%**

Properties

Glycemic Index:7.85, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:1.7352174118809%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 50.44kcal (2.52%), Fat: 3.78g (5.82%), Saturated Fat: 2.17g (13.53%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.34g (1.49%), Cholesterol: 18.14mg (6.05%), Sodium: 98.69mg (4.29%), Alcohol: 0.15g (100%), Alcohol %: 0.51% (100%), Protein: 2.45g (4.9%), Selenium: 3.72µg (5.32%), Phosphorus: 42.79mg (4.28%), Calcium: 40.55mg (4.05%), Copper: 0.07mg (3.41%), Vitamin B12: 0.19µg (3.22%), Vitamin A: 142.99IU (2.86%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.21mg (2.06%), Potassium: 58.34mg (1.67%), Magnesium: 5.5mg (1.37%), Vitamin D: 0.2µg (1.34%), Vitamin B6: 0.02mg (1.2%)