



Lobster Bisque

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 1 tsp peppercorns black
- 2 carrots
- 2 stalks celery
- 0.5 garlic crushed peeled
- 2 Tbs cup heavy whipping cream
- 600 g pd of lobster
- 1 large onion

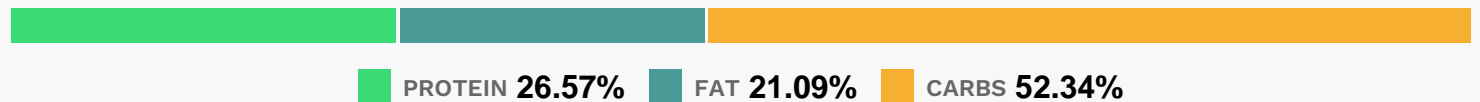
- 1 bunch parsley
- 4 servings bell pepper
- 4 servings salt
- 5 shallots
- 1 cup veggie broth
- 1 bunch thyme leaves
- 0.5 Tbs tomato paste
- 4 L water

Equipment

Directions

- Coarsely chop the carrots, onion, celery and shallots.

Nutrition Facts



Properties

Glycemic Index:99.21, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:27.566521719746%

Flavonoids

Apigenin: 31.3mg, Apigenin: 31.3mg, Apigenin: 31.3mg, Apigenin: 31.3mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 144.21kcal (7.21%), Fat: 3.6g (5.54%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 14.75g (5.36%), Sugar: 9.99g (11.1%), Cholesterol: 61.81mg (20.6%), Sodium: 727.92mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Vitamin K: 249.91µg (238.01%), Vitamin A: 9044.37IU (180.89%), Vitamin C: 124.23mg (150.58%), Copper: 0.85mg (42.66%), Selenium: 27.91µg (39.88%), Manganese: 0.51mg (25.4%), Vitamin B6: 0.5mg (25.11%), Folate: 92.15µg (23.04%), Fiber: 5.37g (21.47%), Potassium: 678.79mg (19.39%), Magnesium: 63.2mg (15.8%), Zinc: 2.28mg (15.19%), Phosphorus: 149.79mg

(14.98%), Calcium: 144.22mg (14.42%), Vitamin E: 2.09mg (13.94%), Iron: 2.28mg (12.65%), Vitamin B5: 1.21mg (12.15%), Vitamin B3: 2.15mg (10.77%), Vitamin B2: 0.15mg (9.01%), Vitamin B12: 0.54µg (8.95%), Vitamin B1: 0.13mg (8.42%)