



Lobster Bisque

READY IN



20 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 cup chicken broth
- 2 tablespoons flour all-purpose
- 1 pinch ground pepper
- 1 pound live maine lobsters cubed cooked
- 2 cups milk
- 2 medium slices onion
- 0.5 teaspoon salt
- 0.5 teaspoon worcestershire sauce

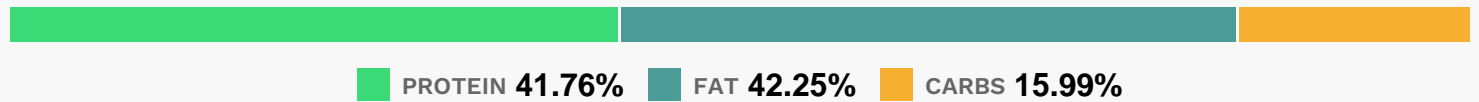
Equipment

- frying pan
- whisk
- pot

Directions

- In a small frying pan place 1/4 cup chicken broth and the onion. Cook over a low heat for 5 to 7 minutes.
- In a medium size pot over medium heat melt the butter. Slowly whisk in flour.
- Whisk until a creamy mixture is created.
- Gradually pour in broth, whisking constantly.
- Whisk in milk, salt, onion, lobster meat, Worcestershire sauce and cayenne pepper.
- Heat until soup is almost boiling. Do not boil the soup as the milk will curdle when boiled.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:4.25, Inflammation Score:-5, Nutrition Score:18.815217579189%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 228.74kcal (11.44%), Fat: 10.6g (16.3%), Saturated Fat: 6.09g (38.04%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.91g (3.24%), Sugar: 6.23g (6.93%), Cholesterol: 174.88mg (58.29%), Sodium: 1089.54mg (47.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.13%), Selenium: 76.02µg (108.61%), Copper: 1.55mg (77.36%), Vitamin B12: 2.1µg (35%), Phosphorus: 314.54mg (31.45%), Zinc: 4.58mg (30.54%), Calcium: 251.04mg (25.1%), Vitamin B5: 2.13mg (21.28%), Magnesium: 59.48mg (14.87%), Vitamin B2: 0.24mg (14.18%), Potassium: 433.36mg (12.38%), Vitamin B3: 2.29mg (11.47%), Vitamin B6: 0.2mg (9.77%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.13mg (8.93%), Vitamin E: 1.24mg (8.29%), Vitamin A: 389.29IU (7.79%), Manganese: 0.12mg (6.14%), Folate: 18.59µg (4.65%), Iron: 0.56mg (3.09%)