



Lobster Bisque

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baking potato peeled chopped
- ☐ 2 bay leaves
- ☐ 2 tablespoons brandy
- ☐ 1.5 tablespoons butter
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1.5 cups carrots divided chopped
- ☐ 1.5 cups celery divided chopped
- ☐ 2 cups bottled clam juice
- ☐ 1 teaspoon tarragon dried

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.8 cup cooking wine dry white divided
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 cup milk fat-free
- ☐ 1 cup fennel bulb divided chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 2.5 pound maine lobsters whole
- ☐ 1.5 cups onion divided chopped
- ☐ 5 parsley sprigs fresh
- ☐ 5 cups water divided
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ blender

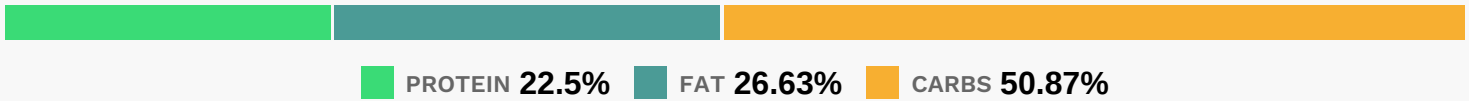
Directions

- ☐ Combine 3 cups water, clam juice, and 1/2 cup wine in an 8-quart stockpot; bring to a boil.
- ☐ Add lobsters; cover and cook 10 minutes or until bright red.
- ☐ Remove lobsters from pan, reserving liquid in pan. Cool lobsters.
- ☐ Remove meat from tail and claws. Discard any roe or tomalley. Chop meat; chill until ready to use.
- ☐ Place lobster shells in pan.
- ☐ Add remaining 2 cups water, 1 cup carrot, 1 cup celery, 1 cup onion, 1/2 cup fennel, broth, tarragon, thyme, parsley, and bay leaves; bring to a boil. Reduce heat, and simmer, partially

covered, 1 1/2 hours.

- ☐ Drain through a fine sieve over a bowl; discard solids.
- ☐ Melt butter in pan over medium heat; add remaining 1/2 cup carrot, remaining 1/2 cup celery, remaining 1/2 cup onion, remaining 1/2 cup fennel, and garlic; saut 5 minutes.
- ☐ Add remaining 1/4 cup wine; cook 3 minutes or until liquid almost evaporates.
- ☐ Sprinkle flour over carrot mixture; cook 1 minute, stirring constantly. Stir in reserved cooking liquid and potato; cook 20 minutes or until potato is tender.
- ☐ Add tomatoes; cook 10 minutes.
- ☐ Place one-third of mixture in blender; process until smooth.
- ☐ Pour pureed mixture into a large bowl. Repeat procedure twice with remaining mixture. Return pureed mixture to pan. Stir in lobster, milk, cream, and brandy; cook 5 minutes over medium-low heat or until thoroughly heated (do not boil).
- ☐ Garnish with chive sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:49.49, Glycemic Load:4.77, Inflammation Score:-9, Nutrition Score:12.614782613257%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 140kcal (7%), Fat: 3.77g (5.8%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 13.93g (5.06%), Sugar: 6.31g (7.01%), Cholesterol: 43.58mg (14.53%), Sodium: 430.73mg (18.73%), Alcohol: 2.38g (100%), Alcohol %: 0.91% (100%), Protein: 7.17g (14.34%), Vitamin A: 3076.38IU (61.53%), Selenium:

18.97µg (27.1%), Copper: 0.5mg (24.75%), Vitamin K: 20.39µg (19.42%), Potassium: 450.46mg (12.87%), Vitamin C: 10.37mg (12.57%), Manganese: 0.24mg (12.07%), Vitamin B6: 0.24mg (12.02%), Phosphorus: 115.83mg (11.58%), Calcium: 97.33mg (9.73%), Fiber: 2.28g (9.1%), Zinc: 1.36mg (9.1%), Magnesium: 35.1mg (8.77%), Vitamin B12: 0.51µg (8.5%), Vitamin B5: 0.79mg (7.92%), Vitamin B3: 1.58mg (7.89%), Folate: 29.88µg (7.47%), Vitamin B1: 0.1mg (6.61%), Vitamin E: 0.98mg (6.55%), Vitamin B2: 0.11mg (6.3%), Iron: 1.13mg (6.26%), Vitamin D: 0.3µg (2.03%)