



Mo's Oyster Stew

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings salt and pepper
- ☐ 1 pound shucked oysters in their liquor
- ☐ 1 quart milk whole (see notes)

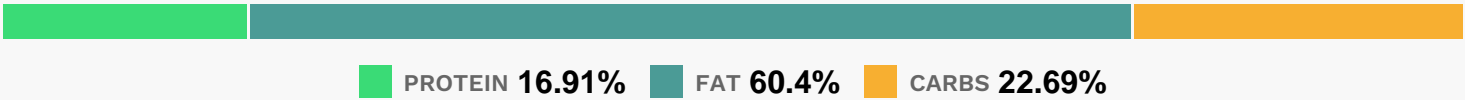
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 2 1/2- to 3-quart pan over medium heat, stir milk often just until steaming, about 6 minutes; do not boil.
- ☐ Meanwhile, drain oysters (reserve liquor) and cut into bite-size pieces.
- ☐ Add oysters and liquor to milk and occasionally stir gently just until heated through, 3 to 4 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Ladle stew evenly into four wide, shallow bowls and top each with 1/2 tablespoon butter.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:4.2, Inflammation Score:-4, Nutrition Score:11.249130487442%

Nutrients (% of daily need)

Calories: 197.93kcal (9.9%), Fat: 13.44g (20.68%), Saturated Fat: 8.05g (50.33%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 11.36g (4.13%), Sugar: 11.45g (12.73%), Cholesterol: 47.98mg (15.99%), Sodium: 338.34mg (14.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Vitamin B12: 2.28µg (38.03%), Zinc: 5.43mg (36.22%), Calcium: 299.49mg (29.95%), Phosphorus: 251.63mg (25.16%), Vitamin B2: 0.34mg (19.95%), Vitamin D: 2.6µg (17.35%), Copper: 0.33mg (16.34%), Vitamin A: 563.19IU (11.26%), Potassium: 374.29mg (10.69%), Selenium: 6.8µg (9.71%), Vitamin B5: 0.92mg (9.15%), Vitamin B1: 0.13mg (8.99%), Magnesium: 30.58mg (7.64%), Vitamin B6: 0.15mg (7.4%), Iron: 0.53mg (2.92%), Vitamin E: 0.38mg (2.51%), Manganese: 0.04mg (2.18%), Vitamin B3: 0.36mg (1.78%), Vitamin K: 1.31µg (1.25%)