



Oyster and Artichoke Soup

 **Gluten Free**

READY IN



60 min.

SERVINGS



10

CALORIES



460 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce artichoke hearts drained quartered canned
- ☐ 1 cup butter
- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken stock see
- ☐ 1 cup half-and-half cream
- ☐ 3 cups heavy cream
- ☐ 0.5 cup onion chopped
- ☐ 1 quart dozens oysters fresh chopped

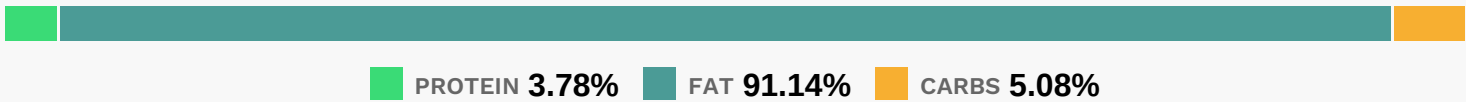
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Saute onion and celery until tender, about 10 minutes.
- ☐ Pour in the chicken stock, and reduce heat to low. Cook for about 15 minutes.
- ☐ Add the artichokes and oysters, and simmer for 10 more minutes. Finally, stir in the heavy cream and half-and-half cream. Cook until heated through, but do not boil, about 15 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:8.1082607352215%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 459.83kcal (22.99%), Fat: 47.43g (72.98%), Saturated Fat: 29.92g (186.99%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.12g (4.57%), Cholesterol: 142.46mg (47.49%), Sodium: 310.46mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin A: 1730.24IU (34.6%), Zinc: 4.06mg (27.06%), Vitamin B12: 1.03µg (17.11%), Copper: 0.3mg (14.93%), Vitamin B2: 0.22mg (13.11%), Vitamin E: 1.35mg (8.98%), Phosphorus: 89.04mg (8.9%), Calcium: 88.63mg (8.86%), Selenium: 5.6µg (7.99%), Vitamin D: 1.14µg (7.62%), Vitamin K: 5.84µg (5.56%), Potassium: 170mg (4.86%), Vitamin B6: 0.07mg (3.43%), Iron: 0.6mg (3.34%), Vitamin B5: 0.32mg (3.2%), Magnesium: 11.89mg (2.97%), Vitamin B3: 0.57mg (2.87%), Vitamin B1: 0.04mg (2.5%), Folate: 9.46µg (2.37%), Fiber: 0.57g (2.26%), Manganese: 0.04mg (2.22%), Vitamin C: 1.44mg (1.75%)