



Oyster and Brie Champagne Soup

READY IN



30 min.

SERVINGS



6

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pounds brie cheese ripe
- 0.5 stick butter
- 1 cup champagne
- 1 bunch chives minced
- 3.5 cups bottled clam juice
- 0.3 cup flour all-purpose
- 2 cups heavy cream
- 24 dozens oysters fresh
- 0.5 teaspoon pepper flakes red

- 6 servings salt and pepper black freshly ground
- 1 large shallots minced

Equipment

- whisk

Directions

- Melt butter over low heat.
- Add shallots and red pepper flakes and saute until softened.
- Sprinkle in flour and cook until lightly colored, roughly 1 minute. Gradually whisk in the stock and cream. Increase heat to medium-high and bring to a boil; reduce to medium-low and simmer for 10 minutes.
- Add the Brie, chives, salt and pepper, to taste, and stir until melted.
- Add Champagne.
- Add the oysters and cook for 3 minutes.

Nutrition Facts

 **PROTEIN 12.35%**  **FAT 81.79%**  **CARBS 5.86%**

Properties

Glycemic Index:43.17, Glycemic Load:3.13, Inflammation Score:-8, Nutrition Score:13.506086940351%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 594.41kcal (29.72%), Fat: 53.02g (81.57%), Saturated Fat: 33.18g (207.4%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.17g (2.97%), Sugar: 3.56g (3.95%), Cholesterol: 168.83mg (56.28%), Sodium: 902.12mg (39.22%), Alcohol: 2.52g (100%), Alcohol %: 0.93% (100%), Protein: 18.02g (36.03%), Vitamin A: 1824.49IU (36.49%), Vitamin B2: 0.53mg (31.05%), Vitamin B12: 1.71µg (28.51%), Zinc: 3.99mg (26.59%), Phosphorus: 218.07mg (21.81%), Calcium: 212.42mg (21.24%), Selenium: 14.73µg (21.05%), Folate: 58.5µg (14.63%), Copper: 0.27mg (13.59%), Vitamin B3: 2.65mg (13.26%), Vitamin D: 1.55µg (10.35%), Vitamin B6: 0.21mg (10.32%), Potassium: 355.61mg (10.16%),

Vitamin E: 1.42mg (9.44%), Iron: 1.42mg (7.89%), Vitamin B1: 0.1mg (6.76%), Vitamin B5: 0.66mg (6.56%), Magnesium: 26.17mg (6.54%), Vitamin K: 6.65µg (6.33%), Manganese: 0.1mg (5.12%), Fiber: 0.37g (1.5%), Vitamin C: 1.2mg (1.45%)