



Oyster-and-Leek Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



559 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 3 tablespoons butter
- ☐ 0.3 cup chives chopped
- ☐ 1 cup cooking wine dry white
- ☐ 4 cups fish stock
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon ground pepper black
- ☐ 4 medium leeks thinly sliced

- ☐ 3 tablespoons juice of lemon
- ☐ 60 ounce oysters containers) fresh divided
- ☐ 1 cup regular rice uncooked
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water
- ☐ 3 cups whipping cream

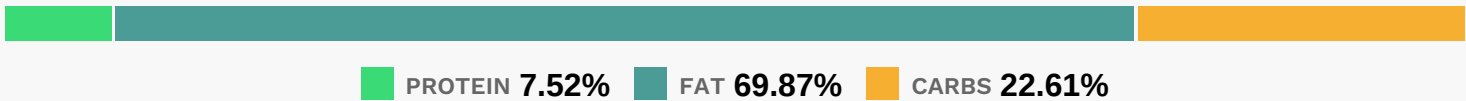
Equipment

- ☐ blender
- ☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven until crisp; remove bacon, reserving 2 tablespoons drippings in Dutch oven. Crumble bacon, and set aside.
- ☐ Melt butter in hot drippings in Dutch oven over medium-high heat; add leeks, and saute 5 minutes or until tender.
- ☐ Add wine; bring to a boil. Reduce heat, and simmer 10 minutes or until reduced by half. Stir in fish stock and next 3 ingredients; cover and simmer 20 minutes. Stir in 1 dozen oysters.
- ☐ Process oyster mixture in batches in a blender until smooth, stopping once to scrape down sides; return to Dutch oven. Bring to a boil; reduce heat, and stir in whipping cream, remaining 3 dozen oysters, lemon juice, and next 3 ingredients; cook 1 minute.
- ☐ Sprinkle each serving with reserved bacon and chives.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:13.32, Inflammation Score:-9, Nutrition Score:19.280000209808%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 559.3kcal (27.97%), Fat: 42.25g (65.01%), Saturated Fat: 23.2g (145.02%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 29.38g (10.68%), Sugar: 5.56g (6.18%), Cholesterol: 116.62mg (38.87%), Sodium: 887.94mg (38.61%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 10.23g (20.46%), Zinc: 9.21mg (61.38%), Vitamin A: 2403.01IU (48.06%), Copper: 0.82mg (40.81%), Vitamin B12: 2.19µg (36.42%), Manganese: 0.62mg (30.85%), Vitamin K: 27.95µg (26.62%), Selenium: 14.15µg (20.21%), Phosphorus: 178.68mg (17.87%), Vitamin B2: 0.27mg (16.06%), Vitamin B3: 3.09mg (15.47%), Iron: 2.75mg (15.26%), Calcium: 150.8mg (15.08%), Vitamin E: 2.03mg (13.56%), Vitamin B6: 0.25mg (12.58%), Potassium: 429.55mg (12.27%), Vitamin C: 9.71mg (11.77%), Folate: 43.65µg (10.91%), Vitamin D: 1.47µg (9.81%), Magnesium: 37.38mg (9.35%), Vitamin B1: 0.1mg (6.81%), Vitamin B5: 0.67mg (6.71%), Fiber: 1.39g (5.58%)