



Oyster and Wild Rice Bisque

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bottled clam juice
- ☐ 1.5 cups rice wild cooked
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups onion chopped (2 medium)

- ☐ 2 cups dozens oysters undrained
- ☐ 1.3 cups milk whole

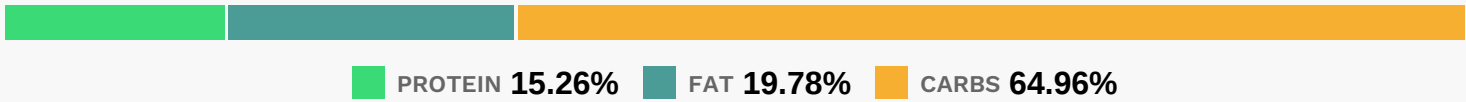
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Cook bacon in a large, heavy saucepan over medium-low heat 6 minutes or until crisp. Stir in onion; cover and cook 8 minutes or until the onion is tender, stirring occasionally.
- ☐ Strain oysters through a sieve over a bowl. Reserve oysters; add oyster liquid to pan.
- ☐ Combine clam juice and flour in a small bowl; stir with a whisk until smooth.
- ☐ Add clam juice mixture, broth, and bay leaf to pan. Increase heat to medium-high. Bring mixture to a boil; cook until reduced to 2 cups (about 6 minutes).
- ☐ Reduce heat to low. Discard bay leaf. Stir in rice, milk, half-and-half, salt, and pepper. Cover and simmer 10 minutes. Stir in reserved oysters; cook 5 minutes or until edges of oysters curl.
- ☐ Sprinkle with chopped fresh parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:6.2299999361453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 99.4kcal (4.97%), Fat: 2.24g (3.44%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.14g (5.5%), Sugar: 5.05g (5.61%), Cholesterol: 9.02mg (3.01%), Sodium: 394.2mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Zinc: 3.13mg (20.88%), Vitamin B12: 0.82µg (13.74%), Copper: 0.25mg (12.37%), Phosphorus: 94.18mg (9.42%), Manganese: 0.19mg (9.33%), Vitamin B2: 0.12mg (7.12%), Calcium: 70.81mg (7.08%), Vitamin B6: 0.14mg (7.02%), Potassium: 200.5mg (5.73%), Fiber: 1.4g (5.58%), Magnesium: 22.19mg (5.55%), Vitamin C: 4.5mg (5.45%), Selenium: 3.64µg (5.19%), Folate: 20.6µg (5.15%), Vitamin B1: 0.07mg (4.94%), Vitamin B3: 0.83mg (4.14%), Iron: 0.7mg (3.87%), Vitamin B5: 0.33mg (3.32%), Vitamin D: 0.42µg (2.8%), Vitamin A: 131.3IU (2.63%), Vitamin E: 0.2mg (1.34%)