

Oyster Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh coarsely chopped
- ☐ 0.3 cup half-and-half
- ☐ 1 cup leek white chopped
- ☐ 24 dozens oysters
- ☐ 1 cup parsnips diced peeled
- ☐ 1.8 cups potatoes diced red peeled
- ☐ 0.3 teaspoon salt

☐

1 quart seafood stock (such as Kitchen Basics)

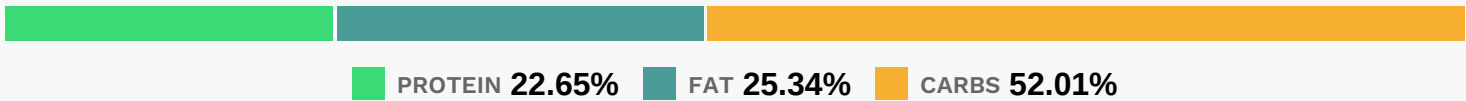
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Shuck oysters, reserving oyster liquid. Strain oyster liquid through a sieve over a large saucepan. Pick over oysters to remove any bits of shell. Chill oysters.
- ☐ Add stock and next 5 ingredients (through pepper) to oyster liquid; bring to a simmer. Cover and simmer 20 minutes or until vegetables are tender.
- ☐ Place half of stock mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining stock mixture.
- ☐ Return pureed soup to saucepan; bring to a simmer. Stir in half-and-half and oysters; simmer 2 minutes or until oyster edges curl; stir in chives.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:6.0356521917426%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 62.02kcal (3.1%), Fat: 1.76g (2.71%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.82g (2.48%), Sugar: 1.9g (2.11%), Cholesterol: 4.33mg (1.44%), Sodium: 463.9mg (20.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Zinc: 1.97mg (13.12%), Copper: 0.24mg (11.9%), Vitamin K: 11.47µg (10.92%), Vitamin B3: 2.02mg (10.11%), Manganese: 0.19mg (9.46%), Vitamin B12: 0.5µg (8.34%), Potassium: 277.93mg (7.94%), Vitamin C: 6.08mg (7.36%), Phosphorus: 72.94mg (7.29%), Folate: 27.26µg (6.81%), Calcium: 61.12mg (6.11%), Fiber: 1.32g (5.28%), Iron: 0.91mg (5.07%), Vitamin A: 252.77IU (5.06%), Vitamin B6: 0.09mg (4.34%), Vitamin B2: 0.07mg (4.21%), Vitamin E: 0.59mg (3.9%), Magnesium: 14.61mg (3.65%), Selenium: 2.4µg (3.43%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.2mg (1.95%)