



Oyster Bisque

READY IN



45 min.

SERVINGS



2

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 2 teaspoons chili sauce
- ☐ 0.8 cup evaporated skim milk
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 Dash ground pepper red
- ☐ 1 teaspoon olive oil
- ☐ 12 ounce select oysters drained
- ☐ 0.3 teaspoon paprika

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 teaspoon worcestershire sauce

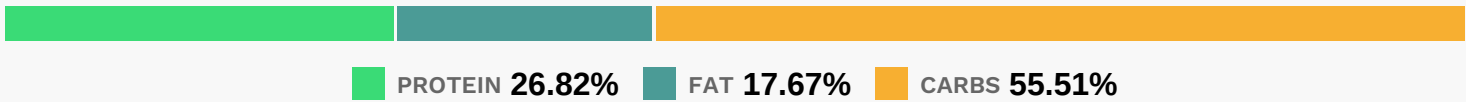
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add carrot, celery, and bell pepper; saut 5 minutes or until tender.
- ☐ Combine flour and milk in a small bowl; stir with a whisk.
- ☐ Add to vegetable mixture in saucepan; cook over medium heat 3 minutes or until thick and bubbly, stirring constantly.
- ☐ Add oysters; cook 2 minutes or until edges of oysters curl. Stir in chili sauce, Worcestershire sauce, and pepper.
- ☐ Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:116.42, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:18.048695626466%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 135.83kcal (6.79%), Fat: 2.69g (4.14%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.67g (6.42%), Sugar: 13.77g (15.29%), Cholesterol: 10.64mg (3.55%), Sodium: 253.04mg (11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.39%), Vitamin A: 3878.83IU (77.58%), Zinc: 7.7mg (51.35%), Vitamin C: 27.56mg (33.4%), Calcium: 305.51mg (30.55%), Vitamin B12: 1.72µg (28.65%), Copper: 0.54mg (26.82%), Phosphorus: 226.55mg (22.66%), Vitamin B2: 0.37mg (21.98%), Potassium: 521.82mg (14.91%), Vitamin D: 1.92µg (12.8%), Selenium: 7.2µg (10.28%), Magnesium: 36.86mg (9.22%), Iron: 1.66mg (9.2%), Vitamin B5: 0.9mg (9.03%), Folate: 33.71µg (8.43%), Vitamin K: 8.64µg (8.23%), Vitamin B6: 0.16mg (8%), Manganese: 0.14mg (7.17%), Vitamin B1: 0.11mg (7.1%), Vitamin E: 1.05mg (7.03%), Fiber: 1.36g (5.45%), Vitamin B3: 1.06mg (5.28%)