

Oyster-Crab Bisque

READY IN



45 min.

SERVINGS



7

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 7 servings pepper black freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup green onions sliced
- ☐ 1 pound lump crab meat
- ☐ 1 cup onion chopped
- ☐ 36 ounce standard oysters undrained
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Drain the oysters in a colander over a bowl, reserving 1 cup oyster liquid.
- ☐ Heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion, celery, bell pepper, and garlic; saute 5 minutes. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour to onion mixture; cook 1 minute, stirring constantly. Gradually add reserved oyster liquid and broth, stirring with a whisk until blended. Stir in thyme and bay leaf, and bring to a boil.
- ☐ Add oysters, green onions, and milk; cook 3 minutes or until edges of oysters curl. Gently stir in crabmeat, salt, and 1/4 teaspoon black pepper; cook 1 minute or until thoroughly heated. Discard bay leaf.
- ☐ Sprinkle with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:5.67, Inflammation Score:-6, Nutrition Score:21.146086975284%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 178.84kcal (8.94%), Fat: 4.58g (7.05%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 14.79g (5.38%), Sugar: 6.58g (7.31%), Cholesterol: 47.14mg (15.71%), Sodium: 937.41mg (40.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.67%), Vitamin B12: 7.3µg (121.71%), Zinc: 10.14mg (67.61%), Copper: 1.08mg (53.81%), Selenium: 32.22µg (46.02%), Phosphorus: 285.68mg (28.57%), Vitamin C: 17.58mg (21.31%), Vitamin K: 19.76µg (18.82%), Calcium: 187.12mg (18.71%), Vitamin B2: 0.27mg (15.97%), Folate: 63.2µg (15.8%), Magnesium: 54.85mg (13.71%), Potassium: 426.22mg (12.18%), Manganese: 0.24mg (12.03%), Iron: 1.97mg (10.97%), Vitamin B6: 0.21mg (10.55%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.95mg (9.73%), Vitamin B5: 0.75mg (7.48%), Vitamin A: 286.17IU (5.72%), Fiber: 1.2g (4.81%), Vitamin E: 0.32mg (2.12%)