



Oyster Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



1121 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup celery finely chopped
- 1 teaspoon celery seed
- 4 cups heavy cream
- 1 tablespoon juice of lemon
- 1 pint oysters and liquor separated
- 0.5 cup onion finely chopped
- 2 tablespoons freshly parsley leaves chopped
- 1.5 teaspoons pepper sauce hot

- 4 servings salt and pepper
- 1 tablespoon butter unsalted

Equipment

- food processor
- frying pan
- sauce pan
- blender

Directions

- In a heavy 2-quart saucepan over medium heat, bring the heavy cream and oyster liquor from the oysters to a simmer.
- Remove from the heat.
- Meanwhile, in a large saute pan over medium heat, melt the butter.
- Add the celery and a pinch of the salt and sweat for 3 to 4 minutes.
- Add the onion and continue cooking until translucent, about 4 to 5 minutes.
- Add celery seed, hot pepper sauce, and oysters and cook for 1 to 2 minutes, or until the edges of the oysters start to curl.
- Transfer the oysters to the carafe of a blender and add enough of the cream just to cover.*
- Puree until the mixture is smooth. Return the remaining cream to medium heat, add the pureed mixture, and cook until heated through.
- Just before serving, add the lemon juice, chopped herbs, and season with salt and pepper, to taste.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



■ PROTEIN 3.35% ■ FAT 92.22% ■ CARBS 4.43%

Properties

Glycemic Index:26.5, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:13.442173911178%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.06mg, Apigenin: 5.06mg, Apigenin: 5.06mg, Apigenin: 5.06mg Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 1120.99kcal (56.05%), Fat: 88.96g (136.85%), Saturated Fat: 56.57g (353.55%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 8.94g (3.25%), Sugar: 8.1g (9%), Cholesterol: 276.46mg (92.15%), Sodium: 312.12mg (13.57%), Alcohol: 39.51g (100%), Alcohol %: 12.5% (100%), Protein: 7.27g (14.53%), Vitamin A: 3814.55IU (76.29%), Vitamin K: 44.48µg (42.36%), Vitamin B2: 0.47mg (27.72%), Vitamin D: 3.86µg (25.74%), Calcium: 179.63mg (17.96%), Phosphorus: 156.8mg (15.68%), Vitamin E: 2.34mg (15.58%), Selenium: 7.39µg (10.56%), Vitamin C: 8.62mg (10.45%), Potassium: 315.47mg (9.01%), Vitamin B5: 0.68mg (6.81%), Vitamin B12: 0.39µg (6.45%), Vitamin B6: 0.13mg (6.41%), Magnesium: 23.62mg (5.91%), Folate: 21.9µg (5.48%), Manganese: 0.11mg (5.27%), Zinc: 0.73mg (4.88%), Vitamin B1: 0.07mg (4.77%), Iron: 0.71mg (3.96%), Copper: 0.07mg (3.74%), Fiber: 0.68g (2.73%), Vitamin B3: 0.28mg (1.41%)