

Oyster Stew

READY IN



15 min.

SERVINGS



4

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 1 medium carrots diced
- ☐ 2 rib celery chopped
- ☐ 8 bacon strips crumbled cooked
- ☐ 4 servings chives fresh chopped
- ☐ 1 small onion chopped
- ☐ 12 ounce dozens oysters fresh undrained
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 2 plum tomatoes chopped
- ☐ 4 servings try build-a-meal
- ☐ 1.5 teaspoons salt
- ☐ 4 cups whipping cream
- ☐ 0.5 cup white wine
- ☐ 2 medium yukon gold potatoes cut into 1-inch cubes

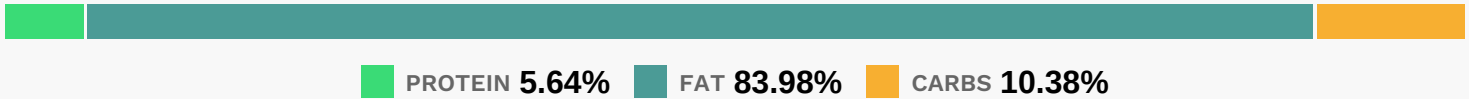
Equipment

- ☐ dutch oven

Directions

- ☐ Drain oysters, reserving liquor (liquid from oyster container); set aside.Melt butter in canola oil in a Dutch oven over medium heat; add onion, carrot, and celery, and saut 5 minutes or until tender.
- ☐ Add white wine and reserved oyster liquor; simmer 5 minutes, or until reduced by half. Stir in whipping cream, cubed potatoes, salt, and pepper; simmer 15 minutes or until cream is slightly thickened and potatoes are tender.
- ☐ Add oysters, and cook 3 minutes or just until edges begin to curl; stir in tomatoes.
- ☐ Remove from heat, and serve; sprinkle each serving evenly with crumbled bacon and chives.

Nutrition Facts



Properties

Glycemic Index:92.4, Glycemic Load:12.19, Inflammation Score:-10, Nutrition Score:23.465217383012%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg

0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 1082.67kcal (54.13%), Fat: 101.09g (155.53%), Saturated Fat: 60.61g (378.79%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 24.81g (9.02%), Sugar: 10.27g (11.42%), Cholesterol: 303.23mg (101.08%), Sodium: 1277.22mg (55.53%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 15.28g (30.55%), Vitamin A: 6538.39IU (130.77%), Zinc: 4.88mg (32.52%), Vitamin B2: 0.55mg (32.39%), Vitamin C: 25.21mg (30.56%), Phosphorus: 289.17mg (28.92%), Vitamin D: 3.87µg (25.81%), Selenium: 17.92µg (25.6%), Vitamin B6: 0.51mg (25.54%), Potassium: 862.92mg (24.65%), Vitamin E: 3.4mg (22.69%), Vitamin B12: 1.31µg (21.85%), Copper: 0.42mg (21.2%), Calcium: 193.92mg (19.39%), Manganese: 0.38mg (19.07%), Vitamin K: 19.7µg (18.76%), Vitamin B3: 3.26mg (16.31%), Vitamin B1: 0.24mg (16.15%), Magnesium: 56.24mg (14.06%), Fiber: 3.29g (13.15%), Vitamin B5: 1.19mg (11.91%), Iron: 1.81mg (10.04%), Folate: 36.52µg (9.13%)