



Oyster Stew Christmas Eve

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1 cup celery finely chopped
- 1 teaspoon parsley dried
- 0.5 cup green onion chopped
- 6 servings salt and ground pepper black to taste
- 2 pints half-and-half
- 2 dashes hot sauce louisiana-style
- 12 ounce dozens oysters canned

0.5 cup bell pepper red chopped

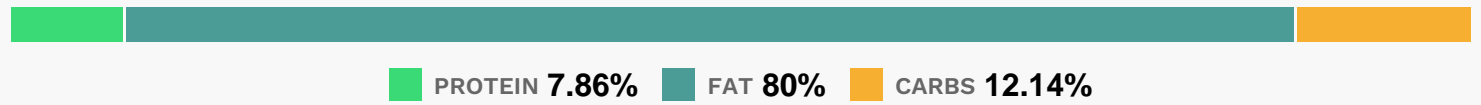
Equipment

sauce pan

Directions

- Melt the butter in a large saucepan over medium heat until it begins to foam.
- Cook and stir the celery, onion, and red bell pepper in the hot butter until soft, about 10 minutes.
- Stir the half-and-half and parsley through the vegetable mixture; season with salt and black pepper.
- Continue cooking until the mixture just begins to boil; add the oysters and any liquid from the can to the stew along with Louisiana-style hot sauce. Bring the mixture to a simmer and cook until the oysters begin to curl, 10 to 15 minutes more.
- Remove the saucepan from heat and allow the stew to sit 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:10.367826088615%

Flavonoids

Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 285.88kcal (14.29%), Fat: 25.99g (39.99%), Saturated Fat: 16g (99.97%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.1g (2.95%), Sugar: 7.5g (8.33%), Cholesterol: 77.81mg (25.94%), Sodium: 178.12mg (7.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin A: 1345.56IU (26.91%), Vitamin K: 25.95µg (24.72%), Vitamin C: 19.45mg (23.57%), Vitamin B2: 0.34mg (20.1%), Zinc: 2.94mg (19.6%), Calcium: 188.62mg (18.86%), Phosphorus: 168.19mg (16.82%), Vitamin B12: 0.81µg (13.53%), Copper: 0.19mg (9.64%), Selenium: 6.4µg (9.14%), Potassium: 314.1mg (8.97%), Vitamin B6: 0.14mg (6.75%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.57mg

(5.68%), Folate: 22.57µg (5.64%), Magnesium: 22.23mg (5.56%), Vitamin B1: 0.06mg (4.25%), Manganese: 0.08mg (3.87%), Iron: 0.57mg (3.14%), Fiber: 0.78g (3.11%), Vitamin B3: 0.45mg (2.25%)