



Oyster Stew for One or Two

READY IN



25 min.

SERVINGS



2

CALORIES



238 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 rib rib celery finely chopped (6 inch)
- 1 pinch parsley dried
- 1 tablespoon flour all-purpose
- 1 small clove garlic minced
- 1 pinch ground pepper black to taste
- 0.3 cup half-and-half cream
- 1 cup milk
- 0.3 teaspoon onion powder

- 0.5 teaspoon salt
- 1 cup shucked oysters fresh undrained

Equipment

- frying pan
- wok

Directions

- Melt the butter in a heavy-bottomed skillet or wok over medium-high heat; cook and stir the celery and garlic in the butter until the celery is soft, 5 to 7 minutes.
- Add the flour and stir, scraping the bottom of pan until flour is lightly toasted. Slowly add the milk and half-and-half to the roux, stirring constantly. Stir the onion powder, parsley, and salt into the mixture. Reduce heat to medium-low; continue cooking and stirring until the mixture bubbles and thickens, 5 to 7 minutes.
- Add the oysters with the liquid from the container to the mixture; cook until the edges of the oysters curl, about 5 minutes more. Season with pepper just before serving.

Nutrition Facts

PROTEIN 10.63% **FAT 70.83%** **CARBS 18.54%**

Properties

Glycemic Index:128.5, Glycemic Load:4.39, Inflammation Score:-5, Nutrition Score:10.491739055385%

Flavonoids

Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 237.92kcal (11.9%), Fat: 19.03g (29.27%), Saturated Fat: 11.67g (72.91%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.87g (3.95%), Sugar: 7.29g (8.1%), Cholesterol: 60.29mg (20.1%), Sodium: 749.92mg (32.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.85%), Zinc: 5.59mg (37.25%), Vitamin B12: 1.83µg (30.42%), Calcium: 203.82mg (20.38%), Copper: 0.38mg (18.76%), Phosphorus: 176.87mg (17.69%), Vitamin B2: 0.28mg (16.21%), Vitamin A: 672.39IU (13.45%), Selenium: 7.47µg (10.66%), Vitamin D: 1.34µg (8.95%), Vitamin K:

8.94µg (8.51%), Potassium: 273.62mg (7.82%), Vitamin B1: 0.12mg (7.67%), Manganese: 0.15mg (7.66%), Vitamin B5: 0.62mg (6.2%), Vitamin B6: 0.12mg (6.04%), Magnesium: 23.82mg (5.95%), Iron: 0.92mg (5.11%), Vitamin E: 0.62mg (4.12%), Vitamin B3: 0.57mg (2.83%), Folate: 10.35µg (2.59%), Vitamin C: 1.44mg (1.74%), Fiber: 0.32g (1.3%)