



## Oyster Stew with Chestnuts

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 slices bacon
- 1.5 cups baking potato diced peeled
- 0.5 cup celery chopped
- 0.5 teaspoon thyme leaves dried
- 2 tablespoons cooking sherry dry
- 0.3 cup flour all-purpose
- 0.5 cup green onions chopped
- 4 cups milk 2% reduced-fat
- 1 cup onion chopped

- 24 ounce standard oysters undrained
- 0.8 teaspoon salt
- 1 pound chestnuts in shells fresh
- 0.1 teaspoon pepper white

## Equipment

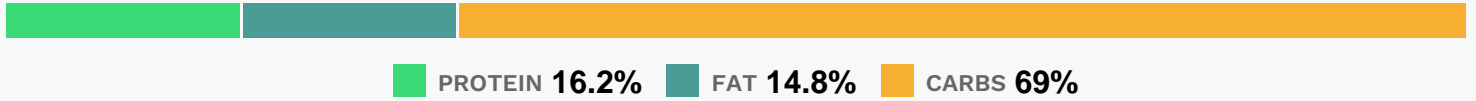
- bowl
- frying pan
- sauce pan
- knife
- microwave
- measuring cup
- dutch oven
- colander

## Directions

- Soak chestnuts in a bowl of water for 30 minutes.
- While chestnuts are soaking, place potato in a medium saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain.
- Drain chestnuts.
- Cut a slit in the shell on the rounded side of the chestnut. (Make sure slit goes the whole way though the shell. If not, they will explode.) Arrange chestnuts in a single layer on a microwave-safe dish. (Microwave a maximum of 12 chestnuts at one time, in order to cook evenly). Microwave at HIGH 2 minutes. Cool 5 minutes. Peel and chop to equal 2 cups.
- Drain oysters in a colander over a bowl, reserving 1/2 cup oyster liquid; set oysters aside.
- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove bacon from pan; crumble.
- Add chestnuts, chopped onion, celery, and green onions to bacon drippings in pan; saut 5 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Stir in flour; cook 1 minute.

- Add potato, reserved oyster liquid, milk, bacon, salt, thyme, and pepper. Bring to a boil; reduce heat, and simmer until thick (about 8 minutes). Stir in sherry and oysters; cook 3 minutes or until edges of oysters curl.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:51.29, Glycemic Load:31.63, Inflammation Score:-7, Nutrition Score:21.46173916498%

### Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

### Nutrients (% of daily need)

Calories: 463.05kcal (23.15%), Fat: 7.51g (11.55%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 78.72g (26.24%), Net Carbohydrates: 74.83g (27.21%), Sugar: 11.78g (13.09%), Cholesterol: 21.96mg (7.32%), Sodium: 438.76mg (19.08%), Alcohol: 0.51g (100%), Alcohol %: 0.19% (100%), Protein: 18.48g (36.97%), Selenium: 57.56µg (82.23%), Manganese: 0.92mg (45.77%), Zinc: 6.61mg (44.07%), Phosphorus: 349.42mg (34.94%), Copper: 0.62mg (31.16%), Vitamin B12: 1.86µg (31.05%), Vitamin B2: 0.41mg (24.15%), Calcium: 235.2mg (23.52%), Vitamin K: 22.47µg (21.4%), Potassium: 671.15mg (19.18%), Magnesium: 76.05mg (19.01%), Vitamin B6: 0.37mg (18.41%), Vitamin B1: 0.24mg (16.17%), Fiber: 3.89g (15.57%), Iron: 2.45mg (13.62%), Vitamin B3: 2.64mg (13.18%), Folate: 50.76µg (12.69%), Vitamin B5: 1.15mg (11.5%), Vitamin C: 6.3mg (7.64%), Vitamin A: 293.13IU (5.86%), Vitamin E: 0.35mg (2.3%)