



## Oyster Stew with Rosemary Croutons

READY IN



34 min.

SERVINGS



12

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 slices bacon diced
- 1 cup celery diced finely
- 16 ounce bottled clam juice
- 12 servings rosemary croutons
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 3 cups half-and-half
- 1 cup onion diced finely

- 2 pints dozens oysters fresh undrained
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 0.5 cup vermouth

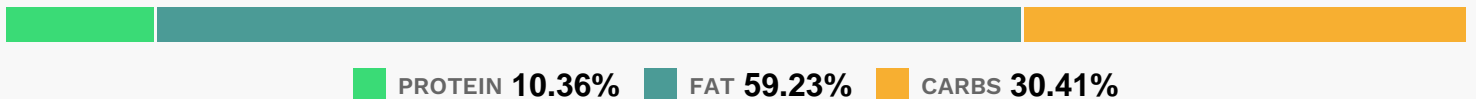
## Equipment

- bowl
- whisk
- dutch oven

## Directions

- Cook first 3 ingredients in a Dutch oven over medium heat 12 minutes or until onion and celery are tender.
- Add vermouth, and simmer 1 minute.
- Add oysters.
- Whisk together flour and clam juice in a small bowl; whisk into soup. Bring to a simmer over medium heat. Simmer 1 minute or until oyster edges begin to curl. Reduce heat to medium-low; add half-and-half and next 4 ingredients. Cook over medium-low heat until thoroughly heated. (Do not boil.)
- Serve with Rosemary Croutons.
- Fix it Faster: Use prechopped fresh celery and onion that's now available in most grocery store produce departments.

## Nutrition Facts



## Properties

Glycemic Index:26.08, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:6.4826087682791%

## Flavonoids

Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## **Nutrients (% of daily need)**

Calories: 136.78kcal (6.84%), Fat: 8.69g (13.37%), Saturated Fat: 4.8g (30%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 9.37g (3.41%), Sugar: 4.49g (4.98%), Cholesterol: 26.75mg (8.92%), Sodium: 406.26mg (17.66%), Alcohol: 0.95g (100%), Alcohol %: 0.83% (100%), Protein: 3.42g (6.84%), Zinc: 3.47mg (23.12%), Vitamin B12: 0.83µg (13.91%), Vitamin K: 14.39µg (13.7%), Copper: 0.26mg (12.88%), Vitamin B2: 0.15mg (8.78%), Calcium: 83.07mg (8.31%), Phosphorus: 82.68mg (8.27%), Vitamin A: 388.73IU (7.77%), Selenium: 4.91µg (7.01%), Vitamin C: 5.16mg (6.26%), Potassium: 183.02mg (5.23%), Vitamin B6: 0.09mg (4.6%), Manganese: 0.09mg (4.27%), Iron: 0.7mg (3.9%), Vitamin B1: 0.06mg (3.78%), Folate: 14.72µg (3.68%), Magnesium: 13.5mg (3.37%), Vitamin B5: 0.29mg (2.91%), Fiber: 0.67g (2.67%), Vitamin B3: 0.51mg (2.53%), Vitamin E: 0.31mg (2.05%)