



Perfect Lobster Bisque

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 2 tablespoons carrots chopped
- 0.1 teaspoon cayenne pepper
- 2 tablespoons celery chopped
- 14.5 ounce chicken broth canned
- 0.5 cup cooking wine dry white
- 0.3 cup mushrooms fresh chopped
- 1.5 cups half-and-half

- 0.5 pound lump lobster meat cooked
- 2 tablespoons onion chopped
- 0.1 teaspoon salt

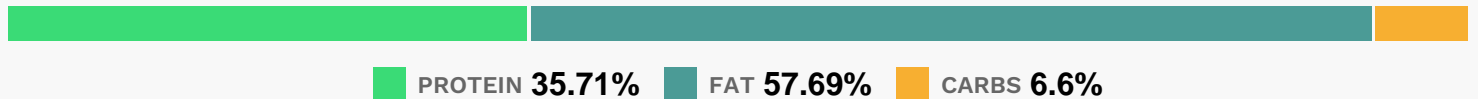
Equipment

- sauce pan
- blender

Directions

- Melt the butter in a large saucepan over medium-low heat.
- Add the mushrooms, onion, celery, and carrot. Cook and stir until tender, about 10 minutes. Stir in the chicken broth, and season with salt and cayenne pepper. Bring to a boil, then simmer for 10 minutes.
- Pour the vegetable and broth mixture into the container of a blender, and add 1/4 cup of the lobster meat. Cover, and process until smooth. Return to the saucepan, and stir in the half-and-half, white wine, and remaining lobster meat. Cook over low heat, stirring frequently until thickened, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:12.259130483088%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 306.47kcal (15.32%), Fat: 18.51g (28.47%), Saturated Fat: 9.47g (59.18%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.19g (3.55%), Cholesterol: 118.49mg (39.5%), Sodium: 627.41mg (27.28%), Alcohol: 2.06g (100%), Alcohol %: 1.25% (100%), Protein: 25.78g (51.55%), Selenium: 39.08µg (55.83%), Copper: 0.57mg (28.39%), Vitamin A: 1376.55IU (27.53%), Phosphorus: 235.35mg (23.54%), Zinc: 3.36mg (22.38%), Vitamin B12: 1.29µg (21.43%), Vitamin B2: 0.22mg (12.84%), Vitamin B3: 2.55mg (12.73%), Vitamin B6: 0.23mg (11.4%), Calcium: 113.25mg (11.33%), Magnesium: 37.22mg (9.31%), Potassium: 317.53mg (9.07%), Vitamin B5: 0.82mg (8.23%), Iron: 1.13mg (6.25%), Vitamin E: 0.92mg (6.1%), Vitamin K: 4.42µg (4.21%), Manganese: 0.06mg (3.11%), Folate: 10.64µg (2.66%), Vitamin B1: 0.04mg (2.39%), Vitamin C: 1.28mg (1.56%), Fiber: 0.29g (1.16%)