



Poached Oysters in Fennel-Saffron Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 ounce bottled clam juice
- ☐ 2 medium fennel bulb trimmed cut lengthwise into 6 wedges
- ☐ 3 garlic clove chopped
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons pernod
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 3 cups dozens oysters
- ☐ 2 tablespoons butter unsalted ()

- ☐ 1 cup water
- ☐ 1 cup whipping cream

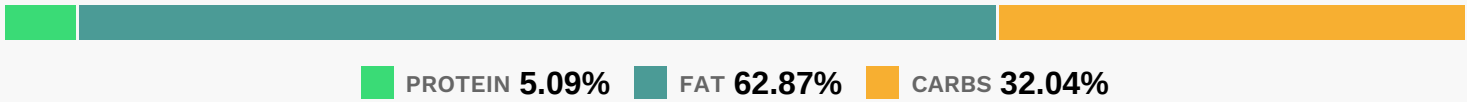
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Melt butter in heavy medium skillet over medium heat.
- ☐ Add fennel and sauté until golden, about 10 minutes.
- ☐ Add 1 cup water; cover and cook until fennel is very tender, about 20 minutes. Puree fennel mixture in processor. Set aside.
- ☐ Heat oil in heavy large saucepan over medium heat.
- ☐ Add garlic and saffron; sauté 1 minute.
- ☐ Add clam juice, cream, and Pernod and bring to simmer.
- ☐ Add fennel puree and bring to simmer. (Can be made 1 day ahead. Refrigerate uncovered until cold. Cover and keep refrigerated. Simmer before continuing.)
- ☐ Add oysters with their liquor to cream mixture and stir to heat through. Ladle soup into bowls.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:9.9043480313343%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 235.5kcal (11.77%), Fat: 15.84g (24.36%), Saturated Fat: 8.98g (56.12%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 15.87g (5.77%), Sugar: 6.99g (7.77%), Cholesterol: 44.86mg (14.95%), Sodium: 459.01mg (19.96%), Alcohol: 2.13g (100%), Alcohol %: 1.07% (100%), Protein: 2.88g (5.77%), Vitamin K: 39.1µg (37.24%), Zinc: 3.96mg (26.37%), Copper: 0.35mg (17.53%), Vitamin C: 13.22mg (16.03%), Vitamin A: 776.34IU (15.53%), Vitamin B12: 0.9µg (15.02%), Potassium: 391.39mg (11.18%), Manganese: 0.2mg (9.81%), Fiber: 2.29g (9.16%), Vitamin E: 1.15mg (7.67%), Phosphorus: 70.79mg (7.08%), Folate: 26.85µg (6.71%), Calcium: 66.64mg (6.66%), Vitamin B6: 0.12mg (6.2%), Iron: 1.09mg (6.04%), Vitamin B2: 0.1mg (5.84%), Selenium: 3.78µg (5.4%), Magnesium: 20.02mg (5.01%), Vitamin B3: 0.75mg (3.76%), Vitamin D: 0.53µg (3.52%), Vitamin B5: 0.34mg (3.37%), Vitamin B1: 0.04mg (2.67%)