



Quick-but-Yummy Oyster Stew

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



428 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup butter
- ☐ 24 ounce evaporated milk canned
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 16 ounce dozens oysters drained canned
- ☐ 4 cups water

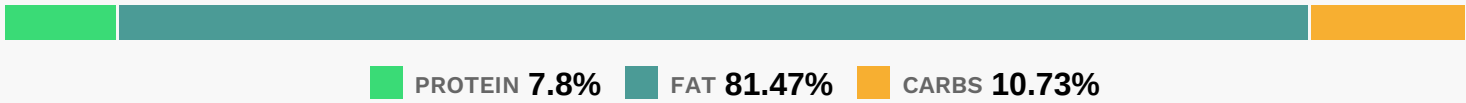
Equipment

- ☐ pot

Directions

- ☐ Stir the evaporated milk and water together in a large pot over medium-low heat; bring to a gentle boil.
- ☐ Stir butter into the liquid. Season with salt and black pepper. Cook, stirring occasionally, until the butter melts completely, 5 to 7 minutes.
- ☐ Stir the oysters into the liquid; continue cooking at a simmer until the edges of the oysters begin to curl, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:9.5704347196481%

Nutrients (% of daily need)

Calories: 428.46kcal (21.42%), Fat: 39.39g (60.6%), Saturated Fat: 24.69g (154.31%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 11.65g (4.24%), Sugar: 11.46g (12.73%), Cholesterol: 117.25mg (39.08%), Sodium: 377.8mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.97%), Calcium: 314.68mg (31.47%), Zinc: 3.9mg (25.97%), Phosphorus: 246.77mg (24.68%), Vitamin A: 1220.35IU (24.41%), Vitamin B2: 0.38mg (22.25%), Vitamin B12: 0.91µg (15.12%), Copper: 0.26mg (13.05%), Potassium: 365.8mg (10.45%), Vitamin B5: 0.78mg (7.83%), Magnesium: 31.08mg (7.77%), Vitamin E: 1.12mg (7.5%), Selenium: 4.48µg (6.4%), Vitamin B1: 0.06mg (3.78%), Vitamin K: 3.57µg (3.4%), Iron: 0.58mg (3.23%), Vitamin B6: 0.06mg (3.02%), Folate: 10.75µg (2.69%), Vitamin C: 2.15mg (2.61%), Manganese: 0.04mg (2.1%), Vitamin B3: 0.31mg (1.53%)