



Salmon Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baking potato peeled chopped
- 1 cup celery chopped
- 0.3 cup cooking wine dry white
- 24 ounce evaporated skim milk canned
- 0.3 cup parsley fresh finely chopped
- 2 tablespoons parsley fresh chopped
- 1 teaspoon juice of lemon
- 28.5 ounce no-salt-added chicken broth canned

- 1 cup onion chopped
- 1 pound salmon fillet cut into 1/2-inch pieces
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1 teaspoon pepper white

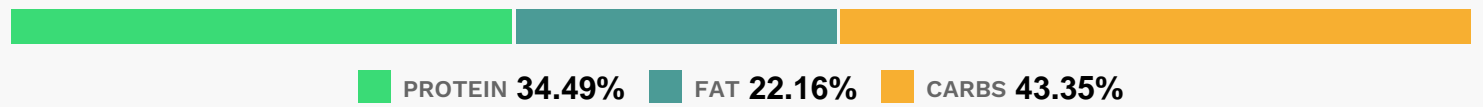
Equipment

- frying pan
- blender
- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat.
- Add onion and celery; saut 10 minutes or until tender.
- Add potato and next 4 ingredients (potato through broth). Bring to a boil; reduce heat, and simmer 20 minutes or until tender.
- Place potato mixture in a blender, and process until smooth. Return pured mixture to pan; stir in wine and milk. Cover and cook over medium-low heat 15 minutes, stirring occasionally.
- Add lemon juice and fish; cook 10 minutes or until fish flakes easily when tested with a fork, stirring frequently.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:8.95, Inflammation Score:-6, Nutrition Score:16.597826216532%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg,

Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.24mg, Apigenin: 5.24mg, Apigenin: 5.24mg, Apigenin: 5.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 204.09kcal (10.2%), Fat: 4.96g (7.63%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.49g (7.45%), Sugar: 9.14g (10.15%), Cholesterol: 27.67mg (9.22%), Sodium: 252.04mg (10.96%), Alcohol: 0.62g (100%), Alcohol %: 0.27% (100%), Protein: 17.38g (34.75%), Vitamin K: 44.35µg (42.24%), Vitamin B6: 0.66mg (32.79%), Phosphorus: 290.5mg (29.05%), Vitamin B12: 1.69µg (28.11%), Vitamin B3: 5.5mg (27.5%), Selenium: 18.63µg (26.62%), Vitamin B2: 0.44mg (25.89%), Potassium: 835.14mg (23.86%), Calcium: 225.85mg (22.59%), Vitamin B5: 1.49mg (14.95%), Vitamin B1: 0.19mg (12.95%), Magnesium: 50.81mg (12.7%), Copper: 0.24mg (12.14%), Vitamin C: 9.03mg (10.94%), Vitamin A: 526.27IU (10.53%), Vitamin D: 1.36µg (9.07%), Folate: 36.22µg (9.05%), Iron: 1.49mg (8.27%), Zinc: 1.23mg (8.22%), Manganese: 0.16mg (7.81%), Fiber: 1.34g (5.37%), Vitamin E: 0.17mg (1.1%)