



Seafood Bisque

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 32 oz chicken broth (4 cups)
- 0.5 cup wine dry white
- 0.5 cup roasted peppers red drained chopped (from 7-oz jar)
- 12 oz filets cut into 1-inch pieces
- 12 oz shrimp frozen thawed deveined uncooked peeled
- 0.5 cup basil pesto

- 0.3 teaspoon salt
- 0.1 teaspoon pepper freshly ground
- 1 qt frangelico

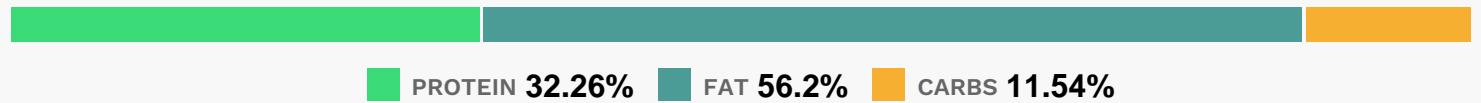
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, melt butter over medium-high heat. Stir in flour. Gradually stir in broth, half-and-half and wine. Stir in bell peppers and cod.
- Heat to boiling, stirring occasionally.
- Stir in shrimp. Simmer uncovered 2 to 3 minutes or until shrimp are pink and firm. Stir in pesto, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:2.94, Inflammation Score:-6, Nutrition Score:7.2100000187107%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 238.72kcal (11.94%), Fat: 14.17g (21.8%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6.05g (2.2%), Sugar: 1.14g (1.27%), Cholesterol: 90.26mg (30.09%), Sodium: 921.71mg (40.07%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 18.3g (36.6%), Selenium: 16.34µg (23.34%), Phosphorus: 194.16mg (19.42%), Vitamin A: 715.75IU (14.32%), Copper: 0.22mg (10.76%), Potassium: 341.7mg (9.76%), Magnesium: 33.57mg (8.39%), Vitamin B2: 0.13mg (7.57%), Vitamin B3: 1.5mg (7.5%), Calcium: 72.25mg (7.23%), Manganese: 0.14mg (7.19%), Vitamin B12: 0.42µg (6.99%), Vitamin B1: 0.1mg (6.73%), Vitamin B6: 0.13mg (6.52%), Zinc: 0.91mg (6.08%), Vitamin C: 4.51mg (5.47%), Iron: 0.91mg (5.04%), Vitamin E: 0.61mg (4.09%), Folate: 14.16µg

(3.54%), Vitamin D: 0.38 μ g (2.55%), Fiber: 0.5g (2.01%), Vitamin B5: 0.12mg (1.17%)