



Shrimp and Crab Bisque

READY IN



35 min.

SERVINGS



6

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon chicken powder
- ☐ 0.5 pound crab meat
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1.5 cups half-and-half
- ☐ 2 tablespoons onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled

☐ 0.5 cup white wine

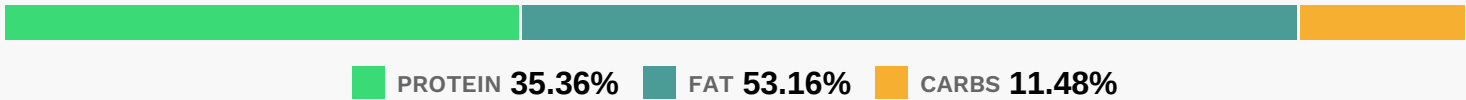
Equipment

☐ sauce pan

Directions

- ☐ In a 2-quart saucepan, melt butter over medium-high heat. Stir in flour, salt, white pepper; cook and stir for 2 minutes.
- ☐ Mix in bouillon granules, onion, and half of the half-and-half. Bring mixture to a boil.
- ☐ Reduce heat to medium; add shrimp and crab meat. Cook, stirring occasionally, until mixture thickens and shrimp are cooked through. Stir in remaining half and half and wine.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.53, Inflammation Score:-4, Nutrition Score:10.144347768763%

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 Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 204.57kcal (10.23%), Fat: 11.24g (17.29%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.31g (1.93%), Sugar: 2.9g (3.22%), Cholesterol: 107.98mg (35.99%), Sodium: 702.46mg (30.54%), Alcohol: 2.06g (100%), Alcohol %: 1.56% (100%), Protein: 16.82g (33.64%), Vitamin B12: 3.53µg (58.76%), Copper: 0.51mg (25.42%), Selenium: 16.72µg (23.89%), Phosphorus: 230.23mg (23.02%), Zinc: 3.04mg (20.3%), Calcium: 111.34mg (11.13%), Magnesium: 41.04mg (10.26%), Vitamin B2: 0.15mg (9%), Potassium: 280.75mg (8.02%), Vitamin A: 339.94IU (6.8%), Folate: 24.11µg (6.03%), Vitamin B6: 0.1mg (5.13%), Vitamin C: 3.46mg (4.19%), Vitamin B1: 0.06mg (3.81%), Manganese: 0.08mg (3.78%), Iron: 0.64mg (3.58%), Vitamin B5: 0.34mg (3.38%), Vitamin B3:

0.67mg (3.33%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.21µg (1.16%)