



Smoked Salmon Bisque

READY IN



30 min.

SERVINGS



5

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1 cups leeks thinly sliced
- ☐ 0.5 onion yellow chopped
- ☐ 1 cup mushrooms thinly sliced
- ☐ 1 Tbsp garlic minced
- ☐ 32 oz bottled clam juice
- ☐ 0.8 pounds salmon fillet chopped
- ☐ 2 ounces salmon smoked hot chopped (depending on how strong a flavor you want, and how strongly the salmon is)

- ☐ 2 cups stewed tomatoes whole canned
- ☐ 2 Tbsp parsley fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 Tbsp optional: dill fresh chopped
- ☐ 1 pinch pepper black
- ☐ 1 pinch pepper red crushed
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 3 Tbsp flour all-purpose
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup milk
- ☐ 5 servings salt to taste

Equipment

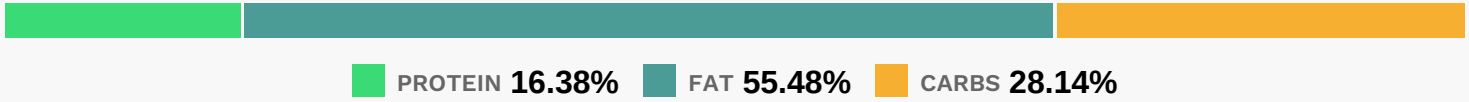
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Cook onions, leeks, mushrooms garlic in butter: Melt butter in a medium stockpot over medium heat.
- ☐ Add onion, leeks, mushrooms, garlic and cook until onions are translucent and mushrooms have given up their moisture (7 to 10 minutes).
- ☐ Add the clam juice, smoked salmon, tomatoes (break up tomatoes while putting them in the soup), parsley, cilantro, dill, black pepper, red pepper flakes, and Old Bay seasoning. Cook until heated through.
- ☐ Make a slurry with flour, milk, cream: Put flour into a separate bowl. Slowly add the milk, beating with a wire whisk until smooth.
- ☐ Mix in the cream. Stir cream flour slurry into the soup.

- ☐ in fresh salmon and simmer for 5 more minutes.
- ☐ Purée (optional): If you want, use an immersion blender to purée the soup, or pour some or all of the soup into a standing blender and purée. Salt to taste.
- ☐ Garnish with fresh dill.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:4.6, Inflammation Score:-9, Nutrition Score:26.036956662717%

Flavonoids

Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 535.76kcal (26.79%), Fat: 33.53g (51.58%), Saturated Fat: 18.53g (115.8%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 35.54g (12.92%), Sugar: 14.94g (16.6%), Cholesterol: 124.08mg (41.36%), Sodium: 1306.25mg (56.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.28g (44.55%), Selenium: 36.11µg (51.59%), Vitamin B12: 2.95µg (49.24%), Vitamin B6: 0.87mg (43.27%), Vitamin B3: 8.21mg (41.05%), Vitamin A: 2048.05IU (40.96%), Vitamin K: 42.45µg (40.43%), Vitamin B2: 0.6mg (35.38%), Phosphorus: 309.7mg (30.97%), Vitamin C: 23.67mg (28.69%), Potassium: 983.22mg (28.09%), Copper: 0.47mg (23.67%), Vitamin B1: 0.35mg (23.41%), Vitamin D: 3.28µg (21.84%), Vitamin B5: 2.18mg (21.8%), Iron: 3.24mg (18.03%), Calcium: 175.18mg (17.52%), Folate: 67.46µg (16.86%), Manganese: 0.32mg (16.24%), Magnesium: 63.27mg (15.82%), Vitamin E: 2.14mg (14.26%), Fiber: 2.71g (10.84%), Zinc: 1.33mg (8.89%)