



Special Lobster Bisque

READY IN



35 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 0.5 teaspoon celery salt
- 1.5 cups chicken stock see
- 6 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper black
- 0.5 cup cup heavy whipping cream light
- 3 cups live maine lobsters shredded cooked
- 4.5 cups milk
- 3 tablespoons onion minced

1 tablespoon paprika

1 teaspoon salt

Equipment

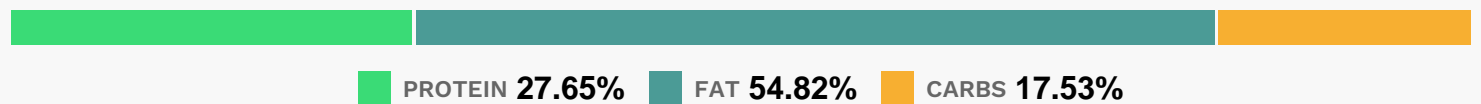
pot

Directions

Melt the butter in a large pot over medium heat. Stir in the flour, salt, pepper and celery salt until well blended. Gradually stir in the milk so that no lumps form, and then stir in the chicken stock. Cook over low heat, stirring constantly, until the soup begins to thicken.

Add the onion and lobster; season with paprika. Cook and stir for 10 more minutes. Stir in the cream, heat through and serve.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:18.708695507568%

Flavonoids

Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 310.37kcal (15.52%), Fat: 18.9g (29.08%), Saturated Fat: 11.17g (69.83%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 13.06g (4.75%), Sugar: 7.6g (8.45%), Cholesterol: 169.65mg (56.55%), Sodium: 1001.28mg (43.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.92%), Selenium: 62.19µg (88.84%), Copper: 1.24mg (62.03%), Vitamin B12: 1.9µg (31.63%), Phosphorus: 315.25mg (31.53%), Calcium: 261.78mg (26.18%), Zinc: 3.89mg (25.93%), Vitamin A: 1072.35IU (21.45%), Vitamin B5: 1.9mg (19%), Vitamin B2: 0.3mg (17.76%), Magnesium: 56.53mg (14.13%), Potassium: 479.94mg (13.71%), Vitamin B3: 2.7mg (13.51%), Vitamin B6: 0.23mg (11.69%), Vitamin B1: 0.16mg (10.89%), Vitamin D: 1.6µg (10.66%), Vitamin E: 1.49mg (9.92%), Manganese: 0.12mg (6.08%), Folate: 23.48µg (5.87%), Iron: 0.8mg (4.42%), Vitamin K: 2.48µg (2.36%), Fiber: 0.54g (2.15%)