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Seafood Bisque

Seafood bisque is a creamy and flavorful soup made with a variety of seafood, such as shrimp, crab, and lobster. It is a popular dish in many coastal regions and is often enjoyed as a special treat. The bisque is typically made by sautéing onions, garlic, and celery in butter, then adding seafood stock, cream, and a mixture of seafood. It is simmered until the flavors meld together and served hot with a garnish of fresh herbs.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

250 g	Shrimp
250 g	Crab
250 g	Lobster
100 g	onion

10 g	garlic
100 g	celery
50 g	butter
500 ml	seafood stock
250 ml	cream
10 g	Fresh herbs

Directions

Step 1

Stove

Melt butter in a large pot over medium heat. Add onions, garlic, and celery, and sauté until softened.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

Add seafood stock and bring to a simmer. Cook for 15 minutes to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Stove

Add the seafood (shrimp, crab, and lobster) to the pot and cook for an additional 5 minutes, or until the seafood is cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Blender

Remove the pot from heat and stir in the cream. Use an immersion blender to puree the soup until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stove

Return the pot to low heat and simmer for 10 minutes to heat through. Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Plating

Serve the seafood bisque hot, garnished with fresh herbs.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Picnic

Cuisines

Italian French Thai Japanese Mediterranean American

Course

Breads Salads Soups Sauces & Dressings

Cultural

Chinese New Year

Diwali

St. Patrick's Day

Christmas

Halloween

Meal Type

Lunch

Supper

Dinner

Difficulty Level

Easy

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