

Oyster Chowder

What's Cooking II

North American Institute of Modern Cuisine

Servings: 4

36 oysters, in their juice
3 cups milk
1 cup light cream
1 medium onion, chopped
2 stalks celery, minced
2 stalks parsley, chopped
white pepper (to taste)
1/4 cup butter
celery salt
paprika

With a fine sieve or cheesecloth, strain the oysters, reserving the juice and oysters separately.

In a saucepan, blend the milk and cream. Add the onion, celery, parsley and pepper. Simmer a few minutes without boiling.

Pass the milk and cream through a sieve. Return to the saucepan. Add the oyster juice and set aside.

In a large skillet, over moderate heat, melt the butter. Add the oysters and cook for 1 minute until the oysters swell.

Add the oysters to the creamy mixture. Heat through until the oyster sides ripple.

Ladle into warm soup bowls. Sprinkle with celery salt and paprika.

Serve.

Per Serving (excluding unknown items): 407 Calories; 31g Fat (68.0% calories from fat); 14g Protein; 19g Carbohydrate; 2g Dietary Fiber; 136mg Cholesterol; 425mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	407	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	68.0%
% Calories from Carbohydrates:	18.0%
% Calories from Protein:	13.9%
Total Fat (g):	31g
Saturated Fat (g):	19g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	136mg
Carbohydrate (g):	19g
Dietary Fiber (g):	2g
Protein (g):	14g
Sodium (mg):	425mg
Potassium (mg):	739mg
Calcium (mg):	369mg
Iron (mg):	7mg
Zinc (mg):	70mg
Vitamin C (mg):	48mg
Vitamin A (i.u.):	2758IU
Vitamin A (r.e.):	467 1/2RE

Vitamin B12 (mcg):	15.5mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	75mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 407 Calories from Fat: 277

% Daily Values*

Total Fat	31g	48%
Saturated Fat	19g	94%
Cholesterol	136mg	45%
Sodium	425mg	18%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	7%
Protein	14g	
Vitamin A		55%
Vitamin C		80%
Calcium		37%
Iron		40%

* Percent Daily Values are based on a 2000 calorie diet.