



Broccoli Crab Bisque

READY IN



30 min.

SERVINGS



8

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 1 cup broccoli florets fresh chopped
- 0.3 cup butter cubed
- 6 ounces crabmeat drained canned
- 3 cups chicken broth
- 0.3 teaspoon thyme dried
- 0.3 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced

- 1 garlic clove minced
- 1 cup half and half
- 1 cup leek white sliced (serving only)
- 0.1 teaspoon pepper
- 4 ounces swiss cheese shredded

Equipment

- sauce pan

Directions

- In a large saucepan, saute the leeks, mushrooms and broccoli in butter until tender.
- Add garlic; cook 1 minute longer.
- Add the flour, thyme, pepper and bay leaf; mix well. Stir in broth and cream. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add the cheese and crab; stir until cheese is melted and soup is heated through. Discard bay leaf.

Nutrition Facts



PROTEIN 21.34% **FAT 62.61%** **CARBS 16.05%**

Properties

Glycemic Index:42.75, Glycemic Load:3.01, Inflammation Score:-5, Nutrition Score:11.276956581551%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 200.05kcal (10%), Fat: 14.17g (21.8%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.3g (2.65%), Sugar: 2.75g (3.06%), Cholesterol: 61.41mg (20.47%), Sodium: 544.29mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Selenium: 18.79µg (26.84%), Vitamin B12: 1.23µg (20.55%), Phosphorus: 202.04mg (20.2%), Calcium: 197.83mg (19.78%), Vitamin B2: 0.31mg (18.17%), Vitamin K: 18.59µg (17.7%), Vitamin C: 13.1mg (15.88%), Copper: 0.3mg (14.92%), Vitamin A: 662.68IU (13.25%), Zinc: 1.83mg

(12.23%), Vitamin B3: 2.04mg (10.21%), Folate: 38.88µg (9.72%), Manganese: 0.19mg (9.32%), Vitamin B5: 0.84mg (8.36%), Potassium: 261.34mg (7.47%), Vitamin B6: 0.14mg (6.8%), Vitamin B1: 0.1mg (6.68%), Vitamin E: 0.95mg (6.34%), Magnesium: 25.13mg (6.28%), Iron: 0.87mg (4.86%), Fiber: 0.87g (3.49%)