



Buttermilk Soup with Cucumber and Crab

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces crab meat drained
- ☐ 2.5 pounds cucumbers peeled seeded
- ☐ 3 green onions thinly sliced
- ☐ 1.3 teaspoons ground cumin
- ☐ 1 cup buttermilk 1% low-fat ()
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 1 tomatoes ripe seeded chopped

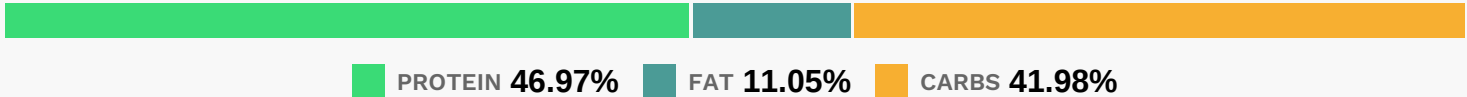
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Chop 2 1/4 cucumbers. Purée chopped cucumbers, buttermilk, yogurt, onion and cumin in blender until smooth. Season with salt and pepper. Cover; chill until very cold, at least 4 hours. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Finely chop remaining 3/4 cucumber. Mound crabmeat in center of 8 bowls, dividing equally. Ladle cold soup around crabmeat.
- ☐ Sprinkle with tomato, green onions and finely chopped cucumber.
- ☐ Per serving: calories, 67; total fat, 0.5 g; saturated fat, 0.5 g; cholesterol, 13 mg.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:10.588695759359%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 69.44kcal (3.47%), Fat: 0.86g (1.32%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.92g (2.15%), Sugar: 5.37g (5.96%), Cholesterol: 13.41mg (4.47%), Sodium: 298.31mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin B12: 2.71µg (45.18%), Vitamin K: 20.84µg (19.85%), Copper: 0.39mg (19.29%), Selenium: 11.69µg (16.7%), Zinc: 2.27mg (15.15%), Phosphorus: 151.44mg (15.14%), Vitamin C: 10.43mg (12.64%), Potassium: 399.14mg (11.4%), Calcium: 107.38mg (10.74%), Folate: 42.14µg (10.54%),

Magnesium: 41.51mg (10.38%), Vitamin B2: 0.14mg (8.18%), Manganese: 0.16mg (7.93%), Vitamin B6: 0.16mg (7.88%), Vitamin B5: 0.65mg (6.45%), Vitamin A: 301.07IU (6.02%), Vitamin B1: 0.09mg (5.79%), Fiber: 1.44g (5.76%), Iron: 0.84mg (4.65%), Vitamin B3: 0.54mg (2.69%), Vitamin E: 0.18mg (1.18%)