



Cajun Corn and Crab Bisque

READY IN



50 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons butter
- ☐ 8 servings cajun spice to taste
- ☐ 1 large celery stalk minced
- ☐ 1 cup chicken broth
- ☐ 1.5 cups corn kernels frozen
- ☐ 1 teaspoon liquid shrimp and crab boil seasoning
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic minced

- ☐ 0.3 cup green onions chopped
- ☐ 8 servings additional green onions chopped
- ☐ 2 cups heavy cream
- ☐ 1 pound lump crab meat fresh
- ☐ 2 cups milk
- ☐ 1 large onion chopped
- ☐ 8 servings salt and pepper black to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

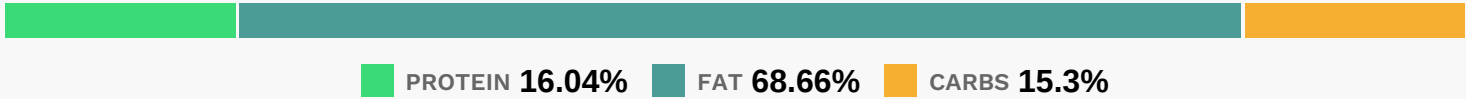
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt the butter in a small saucepan over medium heat; then gradually whisk in the flour. Cook 5 to 7 minutes, whisking constantly, until a golden roux forms; set aside.
- ☐ Heat the oil in a Dutch oven over medium heat.
- ☐ Combine the onion, garlic, and celery and cook 1 minute.
- ☐ Add the Cajun seasoning to taste. Stir in the broth, corn, and bay leaf. Bring to a simmer, then pour in the milk, cream, and liquid crab boil. When the mixture begins to simmer, reduce heat to low and simmer 7 minutes. Stir in the roux, 1 tablespoon at a time, blending thoroughly. Continue to cook, on low heat, whisking until mixture thickens. Stir in crabmeat, green onions, and Worcestershire sauce. Simmer 6 to 8 minutes more. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:3.31, Inflammation Score:-9, Nutrition Score:19.548695709394%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 390.52kcal (19.53%), Fat: 30.51g (46.94%), Saturated Fat: 17.98g (112.34%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.3g (4.84%), Sugar: 7.45g (8.28%), Cholesterol: 110.24mg (36.75%), Sodium: 921.96mg (40.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.07%), Vitamin B12: 5.54µg (92.37%), Vitamin A: 2219.12IU (44.38%), Selenium: 25.33µg (36.19%), Copper: 0.58mg (29.19%), Zinc: 4.09mg (27.24%), Vitamin K: 28.34µg (26.99%), Phosphorus: 257.32mg (25.73%), Vitamin B2: 0.32mg (18.83%), Calcium: 164.75mg (16.47%), Folate: 55µg (13.75%), Magnesium: 52.48mg (13.12%), Vitamin B6: 0.24mg (12.15%), Potassium: 422.12mg (12.06%), Vitamin D: 1.62µg (10.82%), Vitamin E: 1.52mg (10.14%), Vitamin C: 8.35mg (10.12%), Manganese: 0.2mg (9.86%), Vitamin B1: 0.13mg (8.91%), Fiber: 2.01g (8.02%), Vitamin B5: 0.79mg (7.95%), Vitamin B3: 1.56mg (7.78%), Iron: 1.36mg (7.55%)