

Chef Stuart's Maryland Crab Soup



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby potatoes cut into cubes
- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes diced with juices canned
- ☐ 2 stalks celery chopped
- ☐ 1.5 quarts chicken broth
- ☐ 1 cup regular corn
- ☐ 1 tablespoon crab boil seasoning (recommended: Old Bay)
- ☐ 1 pound crab meat

- ☐ 3 cloves garlic minced
- ☐ 0.5 cup green beans
- ☐ 0.5 teaspoon lemon pepper seasoning
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 2 cups water
- ☐ 1 tablespoon worcestershire sauce

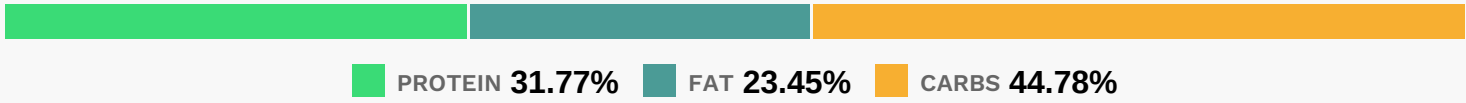
Equipment

- ☐ dutch oven

Directions

- ☐ In a large soup pot or Dutch oven, saute the onions, garlic, and celery in the olive oil over medium heat for 5 minutes.
- ☐ Add the crab boil seasoning, lemon pepper seasoning, and Worcestershire sauce. Stir until all the vegetables are coated with seasoning and spices.
- ☐ Add all the other ingredients except for the crab. Simmer over low heat until potatoes are soft, 45 minutes to 1 hour.
- ☐ While the soup is cooking, pick through the crab meat just to ensure that all shells are removed. Stir in crab the last 10 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:12.29, Inflammation Score:-7, Nutrition Score:25.904347792916%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.03mg, Quercetin:

2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 238.74kcal (11.94%), Fat: 6.53g (10.05%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 23.1g (8.4%), Sugar: 9.47g (10.53%), Cholesterol: 36.48mg (12.16%), Sodium: 1740.46mg (75.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.81%), Vitamin B12: 6.85µg (114.19%), Copper: 1.09mg (54.27%), Selenium: 29.88µg (42.69%), Vitamin C: 31.67mg (38.39%), Zinc: 5.43mg (36.2%), Manganese: 0.63mg (31.62%), Phosphorus: 279.66mg (27.97%), Vitamin B6: 0.55mg (27.7%), Potassium: 950.23mg (27.15%), Vitamin K: 24.44µg (23.28%), Magnesium: 91.8mg (22.95%), Vitamin B3: 4.1mg (20.48%), Fiber: 4.96g (19.83%), Iron: 3.43mg (19.07%), Folate: 74.71µg (18.68%), Vitamin B1: 0.27mg (17.71%), Vitamin B2: 0.3mg (17.5%), Vitamin E: 2.54mg (16.92%), Calcium: 121.93mg (12.19%), Vitamin B5: 1.08mg (10.78%), Vitamin A: 520.93IU (10.42%)