



Chilled Corn Bisque with Basil, Avocado, and Crab

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup avocado peeled chopped
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons cornstarch
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons basil fresh chopped
- ☐ 4 cups corn kernels fresh (8 ears)
- ☐ 1 garlic clove minced

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup half-and-half
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1.5 cups lump crab meat
- ☐ 1 cup onion finely chopped
- ☐ 0.8 teaspoon salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine broth and cornstarch, stirring with a whisk.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add garlic; saut 30 seconds. Stir in broth mixture, corn, salt, and pepper; bring to a simmer. Cook 10 minutes, stirring frequently (do not boil).
- ☐ Place half of corn mixture in a blender, and process until smooth.
- ☐ Pour pureed corn mixture into a large bowl. Repeat procedure with remaining corn mixture. Strain corn mixture through a sieve into a large bowl; discard solids. Stir in milk and half-and-half; chill thoroughly.
- ☐ Let stand 30 minutes at room temperature; stir well.
- ☐ Ladle 2/3 cup soup into each of 8 bowls; top each serving with 3 tablespoons crab, about 2 teaspoons avocado, and about 1 teaspoon basil.

Nutrition Facts



 **PROTEIN 23.09%**  **FAT 29.8%**  **CARBS 47.11%**

Properties

Glycemic Index:31.13, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:11.654347720353%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 162.31kcal (8.12%), Fat: 5.72g (8.8%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 18.08g (6.58%), Sugar: 6.94g (7.71%), Cholesterol: 23.47mg (7.82%), Sodium: 869.42mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.95%), Vitamin B12: 3.12µg (51.92%), Selenium: 14.91µg (21.31%), Copper: 0.37mg (18.68%), Phosphorus: 181.85mg (18.18%), Zinc: 2.44mg (16.3%), Folate: 55.85µg (13.96%), Magnesium: 50.86mg (12.71%), Vitamin C: 9.71mg (11.76%), Vitamin B3: 2.28mg (11.41%), Potassium: 391.2mg (11.18%), Vitamin B1: 0.16mg (10.46%), Manganese: 0.19mg (9.69%), Vitamin B5: 0.95mg (9.46%), Vitamin B6: 0.19mg (9.36%), Fiber: 2.27g (9.09%), Vitamin B2: 0.14mg (8.45%), Vitamin A: 330.58IU (6.61%), Calcium: 61.29mg (6.13%), Vitamin K: 5.13µg (4.88%), Iron: 0.82mg (4.56%), Vitamin E: 0.29mg (1.95%)