



Chilled Corn Soup with Crab and Chile Oil

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 4 teaspoons asian chile oil
- ☐ 6 oz king crab leg frozen thawed
- ☐ 6 ears corn fresh
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups milk whole cold

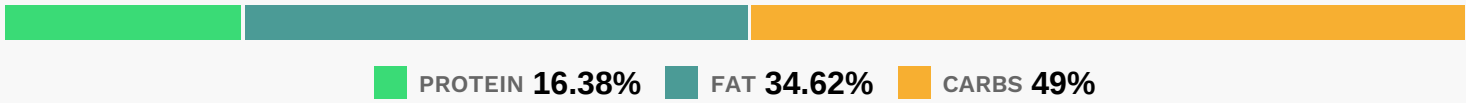
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Cook corn in a large pot of boiling salted water until just tender, 4 to 5 minutes.
- ☐ Drain and transfer to a bowl of ice and cold water to chill ears quickly. When cold, cut off kernels and scrape cobs over a bowl to extract juice, then purée in batches in a blender with milk, salt, and pepper. Force purée through a very fine sieve into a bowl (discard solids) and stir in chives.
- ☐ Cut crab shell with kitchen shears and extract meat, then cut into 1/4-inch pieces.
- ☐ Serve soup drizzled with chile oil and sprinkled with crabmeat.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:12.929565201635%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 234.98kcal (11.75%), Fat: 9.81g (15.1%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 28.42g (10.33%), Sugar: 14.35g (15.94%), Cholesterol: 19.1mg (6.37%), Sodium: 446.37mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Vitamin B12: 1.62µg (26.93%), Phosphorus: 268.11mg (26.81%), Vitamin B1: 0.28mg (18.91%), Magnesium: 71.08mg (17.77%), Potassium: 578.71mg (16.53%), Calcium: 160.91mg (16.09%), Folate: 63.02µg (15.75%), Vitamin B5: 1.47mg (14.7%), Vitamin B2: 0.25mg (14.68%), Manganese: 0.28mg (14.14%), Vitamin B3: 2.65mg (13.24%), Vitamin C: 10.8mg (13.09%), Zinc: 1.77mg (11.78%), Fiber: 2.83g (11.33%), Vitamin B6: 0.22mg (10.95%), Vitamin A: 519.99IU (10.4%), Selenium: 7.03µg (10.04%), Copper: 0.18mg (8.99%), Vitamin D: 1.34µg (8.95%), Vitamin K: 6.99µg (6.66%), Vitamin E: 0.74mg (4.92%), Iron: 0.85mg (4.72%)