



Chilled Cucumber Soup with Crab

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces surimi crab sticks shelled cooked
- ☐ 4 cucumbers peeled seeded chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 clove garlic minced peeled
- ☐ 0.5 cup green onions chopped (white and pale green parts only)
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 2 cups yogurt plain
- ☐ 4 servings salt and pepper
- ☐ 0.8 cup cup heavy whipping cream sour

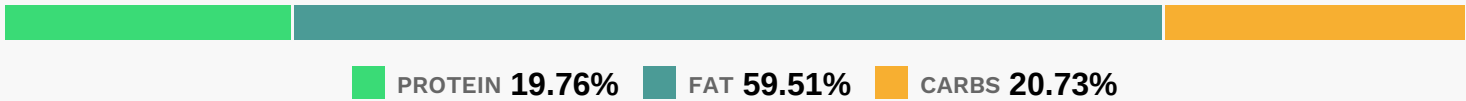
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ In a blender or food processor, in batches if necessary, whirl cucumbers, yogurt, sour cream, green onions, dill, garlic, olive oil, lemon juice, and mustard until smooth.
- ☐ Add salt and pepper to taste.
- ☐ Transfer to a bowl, cover, and chill until cold, at least 2 hours and up to 6 hours.
- ☐ Ladle chilled soup evenly into bowls. Top each serving with about 1/4 cup crab.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:19.931304322637%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 301.26kcal (15.06%), Fat: 20.25g (31.16%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 13.31g (4.84%), Sugar: 11.73g (13.03%), Cholesterol: 82.62mg (27.54%), Sodium: 526.77mg (22.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Vitamin K: 52.74µg (50.23%), Selenium: 23.44µg (33.49%), Vitamin B12: 1.96µg (32.66%), Phosphorus: 321.02mg (32.1%), Copper: 0.6mg (29.83%), Calcium: 290.15mg (29.01%), Potassium: 826.95mg (23.63%), Vitamin C: 18.54mg (22.47%), Vitamin B2: 0.38mg (22.46%), Folate: 88.12µg (22.03%), Zinc: 3.09mg (20.6%), Vitamin A: 959.32IU (19.19%), Magnesium: 75.45mg (18.86%), Vitamin B5: 1.8mg (18%), Manganese: 0.34mg (16.8%), Vitamin B6: 0.3mg (15.06%), Vitamin E: 2.2mg (14.65%), Vitamin B1: 0.16mg (10.68%), Fiber: 2.57g (10.27%), Iron: 1.42mg (7.88%), Vitamin B3: 1.54mg (7.7%)