



Chilled Fresh Corn Soup with King Crab

 Gluten Free

READY IN



165 min.

SERVINGS



8

CALORIES



121 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound king crab legs frozen thawed cooked
- ☐ 0.3 cup chives fresh chopped
- ☐ 6 cups corn kernels fresh (11 ears)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup milk 2%
- ☐ 4.5 cups water

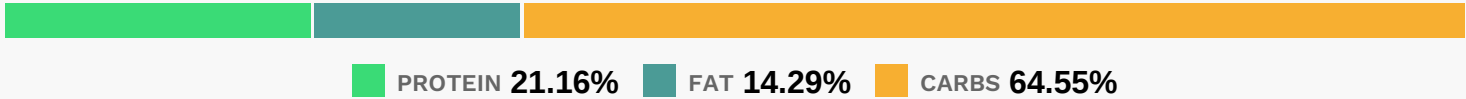
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Cut shells off crab with kitchen shears; reserve shells. Coarsely chop crabmeat; chill.
- ☐ Combine shells, corn, 4 1/2 cups water, and red pepper in a saucepan; bring to a boil. Reduce heat; simmer 20 minutes or until corn is very tender. Discard shells.
- ☐ Place half of corn mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth. Press pureed corn mixture through a fine sieve over a bowl, reserving liquid; discard solids. Repeat procedure with remaining corn mixture. Stir in milk, chives, and black pepper. Chill 2 hours. Top with reserved crabmeat.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:8.8186956851379%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 120.97kcal (6.05%), Fat: 2.16g (3.32%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 19.66g (7.15%), Sugar: 8.33g (9.25%), Cholesterol: 8.31mg (2.77%), Sodium: 155.4mg (6.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Vitamin B12: 1.43µg (23.87%), Phosphorus: 155.98mg (15.6%), Folate: 54.75µg (13.69%), Magnesium: 52.55mg (13.14%), Vitamin B1: 0.19mg (12.49%), Vitamin C: 9.2mg (11.15%), Copper: 0.22mg (10.81%), Vitamin B3: 2.12mg (10.6%), Potassium: 369.83mg (10.57%), Manganese: 0.21mg (10.38%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.94mg (9.4%), Selenium: 6.57µg (9.39%), Fiber: 2.25g (8.99%),

Vitamin B2: 0.12mg (7.2%), Vitamin B6: 0.14mg (6.82%), Vitamin A: 304.95IU (6.1%), Calcium: 49.84mg (4.98%), Iron: 0.69mg (3.83%), Vitamin K: 3.28µg (3.12%)