



HEALTH SCORE

82%

Chilled Indian-Spiced Tomato Soup with Crabmeat



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 1 cup carrots chopped
- ☐ 2 cups celery chopped
- ☐ 1 tablespoon coriander seeds
- ☐ 1 pound crab meat fresh picked over
- ☐ 1 tablespoon cumin seeds
- ☐ 1.8 cups fennel bulb fresh chopped

- ☐ 1 tablespoon fennel seeds
- ☐ 8 servings chives fresh chopped
- ☐ 0.3 cup ginger fresh peeled chopped (from 3-inch-long piece)
- ☐ 6 garlic cloves chopped
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 2 teaspoons pepper sauce hot ()
- ☐ 8 cups plum tomatoes diced
- ☐ 8 servings radishes thinly sliced
- ☐ 1 pound bell peppers red chopped
- ☐ 5.3 cups vegetable broth
- ☐ 1 teaspoon mustard seeds yellow

Equipment

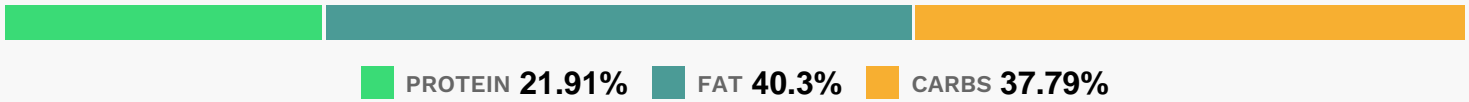
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve

Directions

- ☐ Toast all ingredients in heavy medium skillet over medium heat until spices darken slightly in color and start to pop, stirring occasionally, about 7 minutes. Cool in skillet.
- ☐ Transfer to spice mill and grind finely.
- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add celery, onion, and carrots. Sauté until vegetables soften slightly, about 8 minutes.
- ☐ Add ginger and garlic and sauté 3 minutes.
- ☐ Add bell peppers and fennel. Stir 2 minutes to coat.
- ☐ Add tomatoes; cook until tomatoes soften and break down, stirring often, about 8 minutes.

- ☐ Add broth and bring soup to boil. Reduce heat to medium; simmer until all vegetables are tender, about 25 minutes.
- ☐ Add ground spice mix; return soup to boil.
- ☐ Remove from heat; cover and steep 20 minutes.
- ☐ Place coarse sieve over large bowl. Working with 2 cups at a time, strain soup into bowl, pressing liquid and most of solids through sieve. Season soup to taste with hot pepper sauce, salt, and pepper. Refrigerate soup until cold, at least 3 hours. (Can be made 1 day ahead. Cover and keep refrigerated.)
- ☐ Ladle soup into 8 shallow bowls. Divide crabmeat among bowls.
- ☐ Garnish with radish slices and chives.

Nutrition Facts



Properties

Glycemic Index:53.1, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:32.85565247743%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 259.47kcal (12.97%), Fat: 12.28g (18.89%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 18.04g (6.56%), Sugar: 14.26g (15.84%), Cholesterol: 23.81mg (7.94%), Sodium: 1199.67mg (52.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Vitamin C: 126.32mg (153.12%), Vitamin A: 6963.63IU (139.27%), Vitamin B12: 5.1µg (85.05%), Vitamin K: 53.28µg (50.74%), Copper: 0.79mg (39.35%), Manganese: 0.73mg (36.55%), Potassium: 1240.68mg (35.45%), Selenium: 22.8µg (32.58%), Folate: 126.27µg (31.57%), Fiber: 7.87g (31.48%), Vitamin B6: 0.61mg (30.59%), Zinc: 4.41mg (29.37%), Vitamin E: 4.04mg (26.92%), Phosphorus: 256.25mg (25.62%), Magnesium: 89.69mg (22.42%), Vitamin B3: 3.29mg (16.45%), Iron: 2.68mg (14.87%), Vitamin B1: 0.2mg (13.36%), Calcium: 129.29mg (12.93%), Vitamin B2: 0.19mg (11.32%), Vitamin B5: 0.91mg (9.06%)