



Christmas Luncheon Crabmeat Bisque

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 1.5 cups crab meat cooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 green onion chopped
- ☐ 4 servings garnish: additional green onion chopped
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 2 cups half-and-half
- ☐ 1 cup milk

- ☐ 1.5 cups mushrooms sliced
- ☐ 0.3 cup onion finely chopped
- ☐ 0.1 teaspoon pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons optional: sherry dry
- ☐ 0.1 teaspoon pepper white

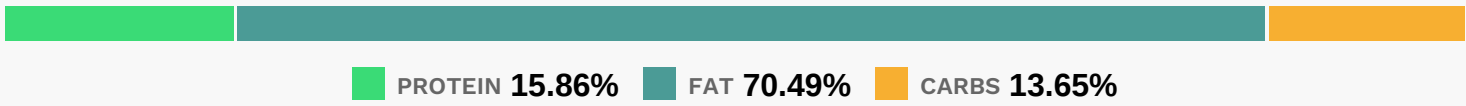
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 4 tablespoons butter in a skillet over medium heat.
- ☐ Add next 5 ingredients and saut until soft.
- ☐ In a saucepan, heat remaining 2 tablespoons butter and stir in flour.
- ☐ Add milk and cook, stirring until thickened and smooth. Stir in salt, pepper and hot pepper sauce.
- ☐ Add sauted vegetables and half-and-half.
- ☐ Bring to a boil, stirring; reduce heat.
- ☐ Add crabmeat, simmer uncovered for 5 minutes. If desired, stir in sherry just prior to serving. Top with additional green onion.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:3.85, Inflammation Score:-8, Nutrition Score:19.976956450421%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg,

Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg
Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin:
4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg
Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg,
Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin:
0.3mg, Myricetin: 0.3mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 428.15kcal (21.41%), Fat: 33.49g (51.53%), Saturated Fat: 20.58g (128.6%), Carbohydrates: 14.59g (4.86%),
Net Carbohydrates: 13.48g (4.9%), Sugar: 9.65g (10.72%), Cholesterol: 143.93mg (47.98%), Sodium: 1107.39mg
(48.15%), Alcohol: 1.16g (100%), Alcohol %: 0.44% (100%), Protein: 16.96g (33.91%), Vitamin K: 55.6µg (52.95%),
Selenium: 31.7µg (45.28%), Vitamin B12: 2.3µg (38.25%), Phosphorus: 346.47mg (34.65%), Vitamin B2: 0.55mg
(32.51%), Copper: 0.57mg (28.27%), Calcium: 271.27mg (27.13%), Vitamin A: 1346.03IU (26.92%), Zinc: 2.98mg
(19.9%), Vitamin C: 16.2mg (19.64%), Vitamin B5: 1.7mg (17.02%), Potassium: 581.02mg (16.6%), Vitamin B3: 3.26mg
(16.3%), Folate: 54.82µg (13.7%), Vitamin B6: 0.26mg (13.12%), Vitamin E: 1.86mg (12.39%), Magnesium: 48.06mg
(12.02%), Vitamin B1: 0.16mg (10.6%), Manganese: 0.14mg (7.14%), Iron: 1.03mg (5.7%), Vitamin D: 0.74µg (4.95%),
Fiber: 1.11g (4.43%)