



Chunky Potato-Crab Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 14.8 ounce corn cream-style canned
- ☐ 0.8 cup celery chopped
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 garlic clove minced

- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 8 ounces lump crab meat
- ☐ 0.3 teaspoon grating nutmeg whole grated
- ☐ 1 cup onion chopped
- ☐ 3.5 cups potatoes – remove skin red cubed (1-inch) (1 pound)
- ☐ 1 teaspoon salt

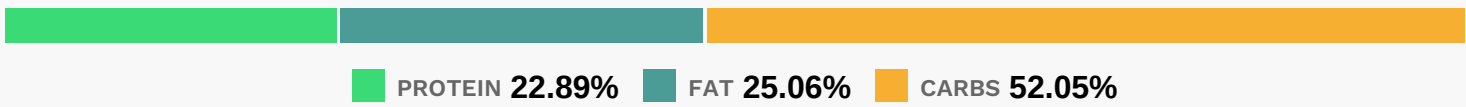
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion, celery, and garlic; saut 4 minutes.
- ☐ Add potato; saut 1 minute.
- ☐ Sprinkle with flour; cook 1 minute, stirring constantly. Stir in milk, thyme, pepper, nutmeg, corn, and broth. Bring to a simmer over medium heat, stirring frequently. Cover, reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally. Stir in crab, parsley, and salt; cook 5 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:17.460434711498%

Flavonoids

Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 226.91kcal (11.35%), Fat: 6.57g (10.12%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 28.15g (10.24%), Sugar: 9.25g (10.28%), Cholesterol: 33.78mg (11.26%), Sodium: 1252.68mg (54.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.03%), Vitamin B12: 4.06µg (67.72%), Vitamin K: 38.69µg (36.85%), Selenium: 19.76µg (28.22%), Phosphorus: 261.76mg (26.18%), Copper: 0.49mg (24.68%), Zinc: 3.38mg (22.56%), Folate: 80.11µg (20.03%), Vitamin C: 15.71mg (19.05%), Vitamin B2: 0.3mg (17.83%), Potassium: 623.7mg (17.82%), Calcium: 164.86mg (16.49%), Magnesium: 59.09mg (14.77%), Vitamin B6: 0.28mg (13.78%), Manganese: 0.26mg (13.2%), Vitamin B3: 2.39mg (11.93%), Vitamin A: 539.04IU (10.78%), Vitamin B1: 0.16mg (10.63%), Fiber: 2.57g (10.26%), Vitamin B5: 0.91mg (9.11%), Iron: 1.45mg (8.04%), Vitamin E: 0.25mg (1.66%)