



Classic She Crab Soup

READY IN



45 min.

SERVINGS



7

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stalk celery chopped
- 1.5 pounds crab meat flaked
- 2 cups fish stock
- 2 tablespoons flour all-purpose
- 1 green onion minced
- 0.3 teaspoon ground pepper black
- 2 cups heavy whipping cream
- 3 tablespoons butter
- 2 cups milk

- 0.5 teaspoon paprika
- 1.5 teaspoons salt
- 0.3 cup cooking sherry

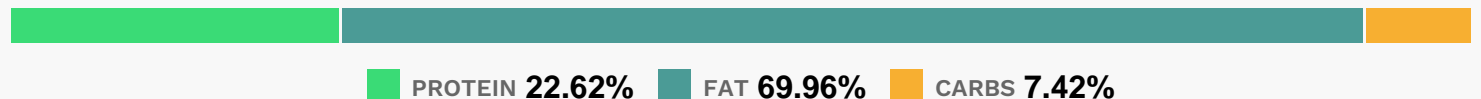
Equipment

- bowl
- sauce pan
- ladle
- pot
- sieve

Directions

- Place eggs in a 2 quart saucepan and cover with water. Bring water to a boil.
- Remove from heat, cover and let stand for 10-12 minutes.
- Remove eggs from hot water and cool.
- Press the yolks of hard-boiled eggs through a sieve and set aside.
- In a large pot, melt the butter over medium low heat.
- Add the green onions and celery; cook, stirring occasionally, until the vegetables are soft, about 4 minutes.
- Add the flour and cook and stir for 2 minutes. Stir in the stock, milk and cream. Bring to a simmer.
- Add cooked egg yolks, crabmeat, sherry, salt and pepper and heat through. Ladle into bowls and garnish each serving with a pinch of paprika and a lemon slice.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:20.825652215792%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 425.73kcal (21.29%), Fat: 32.67g (50.25%), Saturated Fat: 18.13g (113.31%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.62g (6.25%), Cholesterol: 126.03mg (42.01%), Sodium: 1639.45mg (71.28%), Alcohol: 0.88g (100%), Alcohol %: 0.34% (100%), Protein: 23.77g (47.54%), Vitamin B12: 9.31µg (155.15%), Selenium: 40.01µg (57.16%), Copper: 0.95mg (47.46%), Zinc: 6.35mg (42.33%), Phosphorus: 351.43mg (35.14%), Vitamin A: 1466.78IU (29.34%), Calcium: 203.62mg (20.36%), Vitamin B2: 0.31mg (18.08%), Magnesium: 64.32mg (16.08%), Folate: 55.58µg (13.89%), Potassium: 462.21mg (13.21%), Vitamin D: 1.85µg (12.37%), Vitamin B6: 0.23mg (11.67%), Vitamin B3: 2.32mg (11.6%), Vitamin C: 7.72mg (9.36%), Vitamin B5: 0.81mg (8.12%), Vitamin B1: 0.12mg (7.67%), Vitamin K: 8.02µg (7.64%), Vitamin E: 1.02mg (6.8%), Iron: 0.99mg (5.49%), Manganese: 0.08mg (4.17%), Fiber: 0.26g (1.05%)