



Corn and Crab Chowder

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



239 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 8 ounce bottled clam juice
- ☐ 4 ounces crabmeat flaked cooked
- ☐ 16 ounce regular corn white frozen divided thaw (do not)
- ☐ 2 teaspoons ginger fresh divided minced peeled
- ☐ 4 tablespoons spring onion divided sliced
- ☐ 4.5 teaspoons juice of lemon fresh divided
- ☐ 1 cup milk 1% low-fat ()

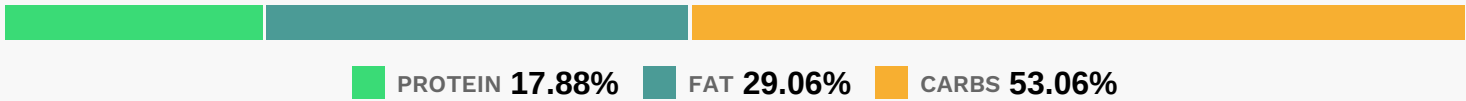
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Reserve 1/4 cup corn. Bring remaining corn and milk to boil in medium saucepan. Cover; remove from heat.
- ☐ Let stand 10 minutes. Puree mixture in blender.
- ☐ Add clam juice, 3 tablespoons green onions, and 1 teaspoon ginger; puree again until almost smooth. Return puree to saucepan; bring to simmer.
- ☐ Mix in 1 1/2 teaspoons lemon juice. Season with salt and pepper.
- ☐ Melt butter in small skillet over medium heat.
- ☐ Add reserved 1/4 cup corn; sauté 1 minute.
- ☐ Add crab, 1 tablespoon green onions, 1 teaspoon ginger, and 3 teaspoons lemon juice; stir just until warm. Season with salt and pepper. Divide soup among bowls; mound crab mixture in center.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:11.81, Inflammation Score:-6, Nutrition Score:12.802608780239%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 239.13kcal (11.96%), Fat: 8.29g (12.76%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 34.07g (11.36%),
Net Carbohydrates: 30.93g (11.25%), Sugar: 10.25g (11.39%), Cholesterol: 45.5mg (15.17%), Sodium: 435.16mg
(18.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.97%), Phosphorus: 225.35mg (22.54%),
Vitamin B12: 1.33µg (22.21%), Selenium: 13.97µg (19.96%), Vitamin C: 13.36mg (16.2%), Copper: 0.31mg (15.58%),
Vitamin A: 734.01IU (14.68%), Vitamin B3: 2.93mg (14.66%), Vitamin B5: 1.46mg (14.62%), Zinc: 2.12mg (14.12%),
Potassium: 493.09mg (14.09%), Vitamin B6: 0.28mg (13.99%), Magnesium: 51.71mg (12.93%), Folate: 51.54µg
(12.89%), Vitamin K: 13.51µg (12.87%), Fiber: 3.14g (12.56%), Manganese: 0.24mg (12.14%), Calcium: 114.57mg (11.46%),
Vitamin B2: 0.19mg (11.1%), Vitamin B1: 0.16mg (10.85%), Vitamin E: 0.9mg (6.03%), Iron: 0.84mg (4.65%), Vitamin D:
0.65µg (4.33%)