



Corn-and-Crab Chowder

READY IN



75 min.

SERVINGS



20

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 2 rib celery diced
- ☐ 32 oz chicken broth
- ☐ 20 servings garnish: cilantro fresh chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cups corn kernels fresh (6 ears)
- ☐ 1 medium size bell pepper diced green
- ☐ 1 jalapeno diced seeded

- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 medium onion diced
- ☐ 20 servings oyster crackers
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipping cream

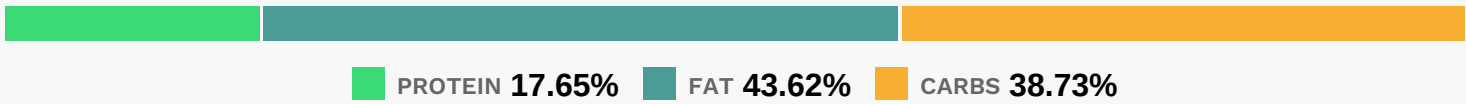
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in Dutch oven. Crumble bacon.
- ☐ Saut celery and next 3 ingredients in hot drippings 5 to 6 minutes or until tender.
- ☐ Whisk together broth and flour until smooth.
- ☐ Add to celery mixture. Stir in corn. Bring to a boil; reduce heat, and simmer, stirring occasionally, 30 minutes. Gently stir in crabmeat and next 4 ingredients; cook 4 to 5 minutes or until thoroughly heated.
- ☐ Serve warm with crumbled bacon and oyster crackers.
- ☐ Garnish, if desired.
- ☐ *1 lb. peeled cooked shrimp or chopped cooked chicken may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:8.8869564118593%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 178.99kcal (8.95%), Fat: 8.77g (13.49%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 16.4g (5.96%), Sugar: 2.51g (2.79%), Cholesterol: 28.24mg (9.41%), Sodium: 608mg (26.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Vitamin B12: 2.12µg (35.26%), Selenium: 12.21µg (17.45%), Copper: 0.26mg (13.08%), Vitamin B1: 0.19mg (12.94%), Zinc: 1.72mg (11.46%), Vitamin C: 9.24mg (11.2%), Folate: 43.8µg (10.95%), Manganese: 0.22mg (10.91%), Phosphorus: 106.94mg (10.69%), Vitamin B3: 2.09mg (10.44%), Vitamin B2: 0.16mg (9.35%), Iron: 1.25mg (6.93%), Magnesium: 26.32mg (6.58%), Vitamin B6: 0.11mg (5.64%), Vitamin K: 5.85µg (5.57%), Vitamin A: 275.05IU (5.5%), Potassium: 183.88mg (5.25%), Fiber: 1.12g (4.46%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.4mg (2.67%), Calcium: 26.22mg (2.62%), Vitamin D: 0.22µg (1.45%)