



## Corn-and-Crabmeat Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 quart chicken broth low-sodium homemade canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 quart corn kernels fresh (cut from 8 ears)
- ☐ 0.5 pound lump crab meat
- ☐ 1.5 cups milk
- ☐ 1 onion chopped
- ☐ 1.5 teaspoons salt

☐ 0.3 cup scallion tops fresh chopped

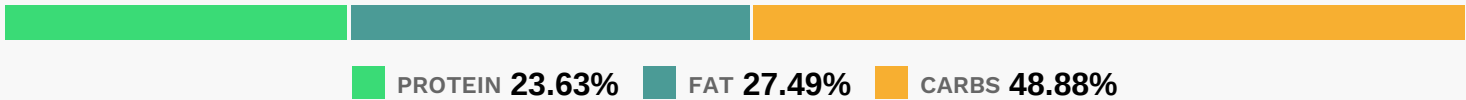
## Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

## Directions

- ☐ In a blender or food processor, combine the corn kernels and 2 cups of the broth. Pulse to a coarse puree.
- ☐ In a large pot, melt the butter over moderately low heat.
- ☐ Add the chopped onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the corn puree, the wine, the remaining 2 cups of broth, and the salt to the pot. Bring to a boil. Reduce the heat and simmer, stirring occasionally, until the corn is tender, 10 to 15 minutes.
- ☐ Add the milk and bring just to a simmer. Stir in the crabmeat and chives.
- ☐ Variations:: Puree four cups (two ten-ounce packages) of defrosted frozen corn kernels with the milk (not the broth). Since frozen corn is already cooked, stir the puree into the soup when the milk is added in Step 3, bring just to a simmer, and then stir in the crabmeat and chives.: Substitute half a pound of medium peeled shrimp for the crabmeat. Stir the shrimp in along with the milk and cook for three to five minutes.
- ☐ Wine Recommendation: The complex flavors of crab blend beautifully with those of chardonnay. White burgundies, made from chardonnay, have a more mineral taste and are less fruity than their American counterparts. Choose a Mcon-Villages or Saint-Vran for a great match here.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:27.560434797536%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 418.34kcal (20.92%), Fat: 13.61g (20.94%), Saturated Fat: 6.56g (41%), Carbohydrates: 54.46g (18.15%), Net Carbohydrates: 49.18g (17.88%), Sugar: 20.9g (23.22%), Cholesterol: 49.84mg (16.61%), Sodium: 1534.25mg (66.71%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 26.32g (52.64%), Vitamin B12: 5.85µg (97.43%), Phosphorus: 512.41mg (51.24%), Vitamin B3: 8.22mg (41.11%), Copper: 0.79mg (39.47%), Zinc: 5.17mg (34.44%), Selenium: 24.05µg (34.36%), Magnesium: 134.48mg (33.62%), Folate: 133.4µg (33.35%), Potassium: 1157.7mg (33.08%), Vitamin B1: 0.46mg (30.58%), Vitamin C: 24.03mg (29.13%), Manganese: 0.48mg (23.84%), Vitamin B5: 2.3mg (22.95%), Vitamin B2: 0.37mg (21.63%), Vitamin B6: 0.43mg (21.49%), Fiber: 5.28g (21.13%), Vitamin A: 924.84IU (18.5%), Calcium: 165.78mg (16.58%), Iron: 2.22mg (12.34%), Vitamin K: 8.74µg (8.33%), Vitamin D: 1.01µg (6.71%), Vitamin E: 0.39mg (2.58%)