

Corn-Crab Egg Drop Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups fat-skimmed beef broth fat-free reduced-sodium
- 15 ounces corn cream-style canned
- 1 tablespoon soya sauce
- 1 tablespoon sherry dry
- 1 teaspoon ginger grated
- 0.3 teaspoon salt
- 1 Dash pepper white
- 1 tablespoon cornstarch

- 2 tablespoons water cold
- 8 ounces crab meat flaked cooked
- 2 tablespoons spring onion sliced
- 2 egg whites fat-free
- 1 teaspoon apple cider vinegar
- 0.5 teaspoon sesame oil
- 1 serving hot sauce red to taste
- 1 serving apple cider vinegar

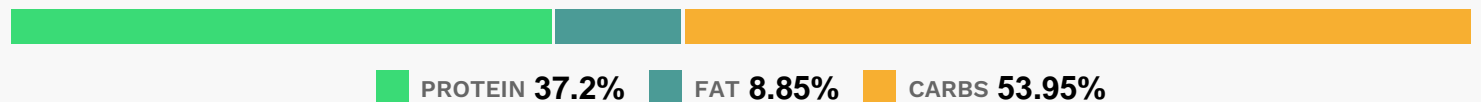
Equipment

- sauce pan

Directions

- Mix broth, corn, soy sauce, sherry, gingerroot, salt and white pepper in 3-quart saucepan.
- Heat to boiling over medium heat, stirring occasionally.
- Mix cornstarch and cold water. Stir cornstarch mixture, seafood and onions into broth mixture.
- Cook 1 to 2 minutes or until thickened; remove from heat.
- Beat egg whites slightly (not until foamy); pour slowly into broth mixture, stirring constantly with fork until egg whites form threads. Stir in 1 teaspoon vinegar and the sesame oil.
- Serve with pepper sauce and additional vinegar.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:9.9386958272561%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 106.01kcal (5.3%), Fat: 1.08g (1.66%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 13.85g (5.04%), Sugar: 2.66g (2.96%), Cholesterol: 15.88mg (5.29%), Sodium: 1247.63mg (54.24%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 10.23g (20.46%), Vitamin B12: 3.64µg (60.63%), Selenium: 18.62µg (26.61%), Copper: 0.42mg (20.95%), Zinc: 2.68mg (17.86%), Phosphorus: 138.66mg (13.87%), Folate: 50.54µg (12.64%), Vitamin B3: 1.87mg (9.37%), Magnesium: 35.09mg (8.77%), Vitamin B2: 0.13mg (7.55%), Vitamin C: 5.99mg (7.26%), Potassium: 238.41mg (6.81%), Vitamin B6: 0.13mg (6.35%), Manganese: 0.11mg (5.37%), Iron: 0.8mg (4.46%), Vitamin B5: 0.43mg (4.3%), Vitamin K: 4.2µg (4%), Fiber: 0.99g (3.96%), Vitamin B1: 0.04mg (2.98%), Calcium: 27.82mg (2.78%), Vitamin A: 81.49IU (1.63%)