



Crab and Asparagus Soup

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus spears trimmed cut into 1-inch pieces
- 1 cup crab meat cooked
- 1 tablespoon cornstarch
- 1 eggs beaten
- 1 teaspoon ginger freshly-grated
- 1 teaspoon sesame oil
- 4 cups shrimp stock
- 1 teaspoon soya sauce

2 tablespoons water

Equipment

bowl

sauce pan

whisk

Directions

Combine shrimp stock and ginger in a large saucepan over medium-high heat. Bring to a rolling boil.

Stir in asparagus and reduce heat to medium. Cover and simmer until asparagus are partially cooked, about 3 minutes. Reduce heat to medium-low.

Combine cornstarch and water in a small bowl.

Whisk cornstarch mixture into soup.

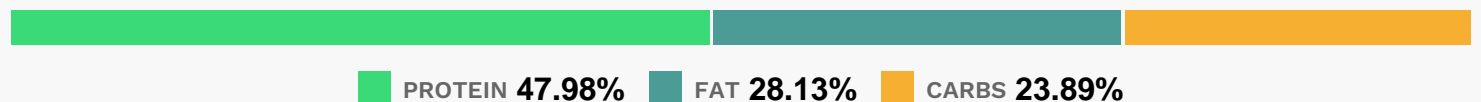
Stir sesame oil and soy sauce into soup.

Simmer, stirring constantly, until soup thickens, about 1 minute.

Slowly add beaten egg, while gently stirring soup to form threads of cooked egg.

Stir in crab meat and simmer until crab is thoroughly heated, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:17.072174144828%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 123.22kcal (6.16%), Fat: 3.9g (6%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.43g (2.7%), Cholesterol: 73.66mg (24.55%), Sodium: 1068.23mg (46.44%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.95%), Vitamin K: 47.93µg (45.65%), Selenium: 22.24µg (31.78%), Copper: 0.63mg (31.34%), Vitamin B3: 5.45mg (27.26%), Vitamin B12: 1.47µg (24.43%), Phosphorus: 235.3mg (23.53%), Folate: 91.43µg (22.86%), Vitamin B2: 0.32mg (18.66%), Iron: 3.35mg (18.6%), Vitamin A: 927.12IU (18.54%), Vitamin E: 2.4mg (15.99%), Potassium: 546.81mg (15.62%), Zinc: 2.29mg (15.29%), Calcium: 137.93mg (13.79%), Vitamin B1: 0.18mg (11.69%), Manganese: 0.22mg (10.85%), Vitamin B6: 0.2mg (10.14%), Fiber: 2.42g (9.69%), Vitamin C: 7.49mg (9.08%), Vitamin B5: 0.82mg (8.22%), Magnesium: 32.74mg (8.18%), Vitamin D: 0.22µg (1.47%)