



Crab-and-Broccoli Chowder

READY IN



45 min.

SERVINGS



7

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups broccoli florets (1 small head)
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 Dash hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 31.5 ounce low-salt chicken broth canned

- ☐ 0.8 pound lump crab meat drained
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 pound potatoes red cubed peeled
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon cooking sherry
- ☐ 2 ounces cheddar cheese shredded extra-sharp
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Steam broccoli, covered, 2 minutes or until tender.
- ☐ Place a Dutch oven coated with cooking spray over medium heat until hot.
- ☐ Add onion; saut 4 minutes.
- ☐ Add potato and next 8 ingredients (potato through broth); bring to a boil. Reduce heat; simmer, uncovered, 30 minutes or until tender.
- ☐ Place 3 cups potato mixture in a blender; process until smooth.
- ☐ Add puree back to potato mixture in pan; stir well.
- ☐ Place flour in a bowl. Gradually add milk; stir with a whisk until blended.
- ☐ Add to potato mixture. Cook over medium heat until thick (about 10 minutes), stirring constantly. Stir in cheese.
- ☐ Add broccoli, crabmeat, lemon juice, and sherry; cook until thoroughly heated.

Nutrition Facts

PROTEIN 34.31% FAT 24.03% CARBS 41.66%

Properties

Glycemic Index:41.86, Glycemic Load:3.83, Inflammation Score:-6, Nutrition Score:19.268260751082%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 224.92kcal (11.25%), Fat: 5.73g (8.82%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 20.45g (7.44%), Sugar: 6.96g (7.73%), Cholesterol: 35.25mg (11.75%), Sodium: 669.39mg (29.1%), Alcohol: 1.99g (100%), Alcohol %: 0.64% (100%), Protein: 18.42g (36.85%), Vitamin B12: 5.03µg (83.9%), Selenium: 24.79µg (35.42%), Vitamin C: 28.82mg (34.94%), Phosphorus: 319.82mg (31.98%), Copper: 0.62mg (31.02%), Zinc: 4.07mg (27.14%), Calcium: 211.16mg (21.12%), Vitamin K: 22.11µg (21.06%), Potassium: 693.79mg (19.82%), Vitamin B2: 0.33mg (19.31%), Vitamin B3: 3.43mg (17.17%), Folate: 63.81µg (15.95%), Magnesium: 57.59mg (14.4%), Vitamin B6: 0.28mg (14.1%), Manganese: 0.24mg (11.99%), Vitamin B1: 0.17mg (11.06%), Iron: 1.57mg (8.75%), Vitamin B5: 0.82mg (8.18%), Fiber: 1.92g (7.66%), Vitamin A: 307.22IU (6.14%), Vitamin E: 0.26mg (1.74%)