



Crab-and-Corn Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 ounces chanterelle wild fresh chopped
- ☐ 2 tablespoons cornstarch
- ☐ 5 ounce evaporated skim milk canned
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 2 cups milk fat-free
- ☐ 2 cups corn kernels fresh 4 ears
- ☐ 0.5 cup green onions chopped

- ☐ 0.5 pound lump crab meat
- ☐ 1 tablespoon olive oil
- ☐ 2 cups potatoes diced red
- ☐ 0.3 teaspoon salt
- ☐ 1 thyme sprig
- ☐ 0.3 teaspoon worcestershire sauce

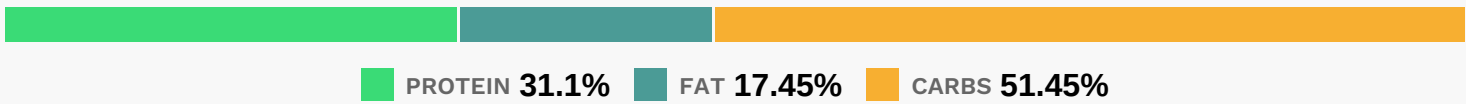
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onions; saut 2 minutes or until tender.
- ☐ Add corn and next 7 ingredients (corn through thyme sprig); bring to a boil. Reduce heat; simmer 30 minutes or until potato is tender.
- ☐ Combine cornstarch and evaporated milk in a small bowl; stir with a whisk.
- ☐ Add cornstarch mixture to soup; simmer 5 minutes or until thick, stirring occasionally.
- ☐ Add mushrooms and crab; remove thyme sprig. Ladle into soup bowls; sprinkle with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:16.565217370572%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 177.55kcal (8.88%), Fat: 3.56g (5.48%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 21.59g (7.85%), Sugar: 10.61g (11.79%), Cholesterol: 19.27mg (6.42%), Sodium: 800.24mg (34.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.55%), Vitamin B12: 4.08µg (68.06%), Phosphorus: 292.02mg (29.2%), Selenium: 18.4µg (26.28%), Copper: 0.47mg (23.58%), Zinc: 3.25mg (21.7%), Calcium: 208.87mg (20.89%), Vitamin K: 19.6µg (18.66%), Potassium: 633.37mg (18.1%), Vitamin B2: 0.27mg (16.15%), Magnesium: 62.19mg (15.55%), Folate: 51.57µg (12.89%), Vitamin B3: 2.55mg (12.76%), Vitamin D: 1.87µg (12.48%), Vitamin C: 10.23mg (12.4%), Vitamin B5: 1.21mg (12.14%), Vitamin B1: 0.18mg (11.96%), Vitamin B6: 0.22mg (11.25%), Manganese: 0.19mg (9.48%), Vitamin A: 452.31IU (9.05%), Fiber: 2.03g (8.1%), Iron: 1.36mg (7.53%), Vitamin E: 0.42mg (2.79%)