



Crab and Hominy Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado
- 3 slices bacon
- 1 cup cilantro leaves chopped
- 0.5 cup wine dry white
- 8 ounces crabs shelled cooked
- 1 clove garlic
- 1 cup hominy drained and rinsed
- 2 jalapeno fresh

- 1 large leek
- 1 teaspoon juice of lime
- 2 cups chicken broth reduced-sodium
- 0.3 cup olive oil
- 12 ounces potatoes - remove skin red
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup whipping cream

Equipment

- bowl
- frying pan
- blender

Directions

- In a 4- to 6-quart pan over medium-high heat, cook bacon, chopped, until fat starts to render. Discard all but 1 teaspoon fat from pan.
- Add white part of leek, halved, rinsed, and thinly sliced; stir until limp.
- Add wine and boil until almost evaporated.
- Add chicken broth; 2 cups water; hominy; potatoes, scrubbed and cut into 1/2-inch chunks; and 1/2 teaspoon salt. Bring to a boil, then reduce heat and simmer until potatoes are tender when pierced, about 10 minutes.
- Meanwhile, make cilantro pure (see below). Also pit, peel, and chop avocado; mix with lime juice. Stir whipping cream and salt and pepper to taste into chowder.
- Add Dungeness crab; cover and cook until heated through, stirring as little as possible to keep crab intact. Spoon chowder into bowls and top each with a tablespoon of cilantro pure and a spoonful of avocado.
- To make the cilantro pure, in a blender, combine vegetable oil; olive oil; cilantro; chiles, rinsed, stemmed, and seeded; garlic, peeled; and 1/2 teaspoon salt. Whirl until smooth. Any leftovers can be spread on toast for an easy appetizer.

Wine pairing: With the rich crab, pungent chile, and herbal cilantro, we like a creamy, minerally Pinot Gris. Cline's Pinot Grigio–Chardonnay blend (California; \$1

is great as well.

Nutrition Facts

PROTEIN 11.7% **FAT 68.67%** **CARBS 19.63%**

Properties

Glycemic Index:30.17, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:18.06826086148%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg 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: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 426kcal (21.3%), Fat: 32.19g (49.53%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 16.32g (5.94%), Sugar: 2.85g (3.17%), Cholesterol: 40.77mg (13.59%), Sodium: 711.23mg (30.92%), Alcohol: 2.06g (100%), Alcohol %: 0.82% (100%), Protein: 12.34g (24.69%), Vitamin B12: 3.55µg (59.19%), Vitamin K: 47.37µg (45.11%), Selenium: 18.06µg (25.8%), Copper: 0.48mg (23.86%), Vitamin C: 18.05mg (21.88%), Vitamin E: 3.26mg (21.75%), Potassium: 725.11mg (20.72%), Vitamin B3: 4.13mg (20.66%), Phosphorus: 187.78mg (18.78%), Vitamin B6: 0.36mg (17.79%), Fiber: 4.38g (17.53%), Zinc: 2.61mg (17.37%), Folate: 67.35µg (16.84%), Manganese: 0.3mg (14.92%), Vitamin A: 715.01IU (14.3%), Magnesium: 54.15mg (13.54%), Vitamin B2: 0.19mg (11.34%), Vitamin B5: 0.95mg (9.48%), Iron: 1.62mg (8.99%), Vitamin B1: 0.13mg (8.94%), Calcium: 54.32mg (5.43%), Vitamin D: 0.2µg (1.35%)