



## Crab and Mushroom Bisque

READY IN



45 min.

SERVINGS



9

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup butter divided
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 8 ounce mushrooms fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 green onions finely chopped
- ☐ 3 cups half-and-half
- ☐ 1 teaspoon hot sauce

- ☐ 1.5 tablespoons lemon blend
- ☐ 1 pound lump crab meat fresh drained
- ☐ 2 cups milk
- ☐ 0.5 cup onion chopped

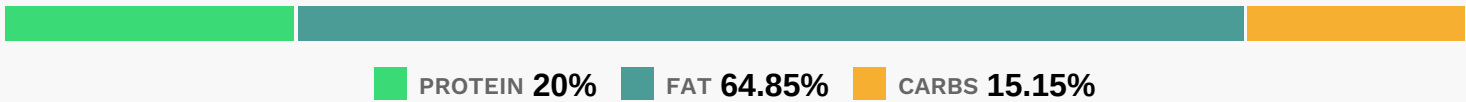
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Melt 1/4 cup butter in a large saucepan over medium-high heat; add onion and next 4 ingredients. Cook, stirring often, 5 minutes or until tender.
- ☐ Remove from pan; set aside.
- ☐ Melt remaining butter in same saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually stir in milk. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in onion mixture, Lemon Blend, hot sauce, and half-and-half. Bring to a boil, stirring often. Reduce heat; stir in crabmeat. Simmer, uncovered, for 5 minutes, stirring often. Stir in sherry, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.39, Glycemic Load:3.4, Inflammation Score:-7, Nutrition Score:17.866521576177%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg

0.26mg, Myricetin: 0.26mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 302.04kcal (15.1%), Fat: 21.71g (33.4%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.57g (3.84%), Sugar: 7.24g (8.04%), Cholesterol: 83.02mg (27.67%), Sodium: 587.66mg (25.55%), Alcohol: 0.69g (100%), Alcohol %: 0.34% (100%), Protein: 15.07g (30.13%), Vitamin B12: 5.01µg (83.56%), Selenium: 25.68µg (36.69%), Vitamin K: 35.64µg (33.95%), Copper: 0.57mg (28.63%), Phosphorus: 278.05mg (27.81%), Zinc: 3.77mg (25.11%), Vitamin B2: 0.39mg (22.71%), Vitamin C: 16.45mg (19.94%), Calcium: 188.86mg (18.89%), Vitamin A: 899.7IU (17.99%), Potassium: 430.34mg (12.3%), Magnesium: 46.52mg (11.63%), Vitamin B6: 0.22mg (10.77%), Folate: 42.73µg (10.68%), Vitamin B5: 1.05mg (10.54%), Vitamin B3: 1.92mg (9.58%), Vitamin B1: 0.14mg (9.18%), Iron: 0.85mg (4.73%), Manganese: 0.09mg (4.67%), Vitamin D: 0.65µg (4.31%), Vitamin E: 0.59mg (3.93%), Fiber: 0.83g (3.33%)