

Crab and Red Pepper Soup

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large stalk celery diced
- ☐ 1 cup chicken stock see
- ☐ 6 ounce crab meat white flaked drained canned
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.3 cup milk fat-free
- ☐ 1 clove garlic diced
- ☐ 0.1 teaspoon lemon-pepper seasoning
- ☐ 1 teaspoon olive oil

- ☐ 0.5 cup potato flakes dry
- ☐ 1 bell pepper red seeded quartered
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.5 small onion sweet chopped

Equipment

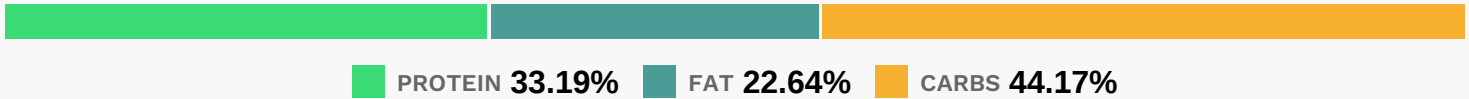
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen towels

Directions

- ☐ Preheat the oven's broiler, and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- ☐ Place the peppers, cut sides down, onto the prepared baking sheet.
- ☐ Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes.
- ☐ Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and dice. Set aside.
- ☐ Heat the olive oil in a large saucepan over medium heat. Stir in the celery, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the roasted red bell pepper and crabmeat, and season with rosemary and lemon pepper.
- ☐ Pour in the chicken stock, and simmer for 10 minutes. Slowly stir in the dry potato flakes, and cook until thickened.

- ☐
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- ☐
- Return the pureed soup to the saucepan. Stir in the milk and sour cream, and cook over medium-low heat until heated through, about 5 minutes. Top with Asiago cheese before serving.

Nutrition Facts



Properties

Glycemic Index:114.63, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:27.974782777869%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 267.8kcal (13.39%), Fat: 6.8g (10.46%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 26.27g (9.55%), Sugar: 11.45g (12.73%), Cholesterol: 94.1mg (31.37%), Sodium: 717.23mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.85%), Vitamin C: 96.91mg (117.47%), Selenium: 43.01µg (61.45%), Vitamin B12: 3.03µg (50.58%), Vitamin A: 2153.24IU (43.06%), Copper: 0.86mg (42.9%), Phosphorus: 344.7mg (34.47%), Vitamin B6: 0.66mg (33.23%), Vitamin B3: 6.03mg (30.14%), Folate: 115.67µg (28.92%), Zinc: 4.01mg (26.72%), Potassium: 892.27mg (25.49%), Vitamin B1: 0.31mg (20.36%), Vitamin B2: 0.35mg (20.31%), Vitamin E: 2.98mg (19.9%), Calcium: 174.71mg (17.47%), Magnesium: 68.94mg (17.24%), Vitamin B5: 1.67mg (16.69%), Vitamin K: 15.95µg (15.19%), Manganese: 0.29mg (14.67%), Fiber: 3.57g (14.28%), Iron: 1.46mg (8.1%), Vitamin D: 0.34µg (2.25%)