



Crab-And-Spinach Bisque

READY IN



45 min.

SERVINGS



7

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 cup butter
- 0.3 cup celery chopped
- 14.5 ounce chicken broth canned
- 1 pound crab meat fresh
- 0.3 teaspoon basil dried
- 0.3 teaspoon thyme leaves dried
- 2 tablespoons flour all-purpose
- 20 ounce pkt spinach frozen thawed chopped

- 0.3 cup bell pepper green chopped
- 1 cup onion chopped
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 3 cups whipping cream
- 1 teaspoon worcestershire sauce

Equipment

- food processor
- blender
- dutch oven

Directions

- Process spinach and broth in a blender or food processor until smooth, stopping once to scrape down sides; set aside.
- Drain and flake crabmeat, removing any bits of shell; set aside.
- Melt butter in a Dutch oven over medium heat; add onion, celery, and bell pepper, and saute until tender.
- Add flour, and cook, stirring constantly, 1 minute or until smooth.
- Gradually stir in cream, and cook, stirring constantly, 10 minutes. Stir in spinach mixture, Worcestershire sauce, and next 5 ingredients; simmer, stirring often, 5 minutes or until thoroughly heated. Stir in crabmeat, and cook, stirring often, just until thoroughly heated (do not boil).
- Remove and discard bay leaf.
- Serve with French bread.
- *Evaporated skimmed milk may be substituted for whipping cream.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:34.118695611539%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 611.23kcal (30.56%), Fat: 49.02g (75.42%), Saturated Fat: 26.25g (164.05%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 8.3g (3.02%), Sugar: 4.74g (5.27%), Cholesterol: 171.84mg (57.28%), Sodium: 1170.01mg (50.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Vitamin K: 308.83µg (294.12%), Vitamin A: 11446.7IU (228.93%), Vitamin B12: 6.59µg (109.84%), Selenium: 43.18µg (61.68%), Zinc: 6.1mg (40.64%), Folate: 161.71µg (40.43%), Copper: 0.78mg (38.77%), Phosphorus: 344.16mg (34.42%), Manganese: 0.67mg (33.26%), Magnesium: 115.31mg (28.83%), Vitamin B2: 0.49mg (28.53%), Vitamin E: 3.77mg (25.13%), Calcium: 222.75mg (22.28%), Vitamin B6: 0.43mg (21.43%), Vitamin C: 15.84mg (19.2%), Potassium: 666.1mg (19.03%), Iron: 3.09mg (17.15%), Vitamin B3: 2.8mg (14%), Fiber: 2.99g (11.97%), Vitamin D: 1.69µg (11.27%), Vitamin B1: 0.16mg (10.48%), Vitamin B5: 0.62mg (6.23%)