



Crab and Sweet Corn Soup

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce crab meat flaked drained canned
- ☐ 1 cup corn kernels sweet
- ☐ 1 eggs beaten
- ☐ 2 cups fish stock
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil

Equipment

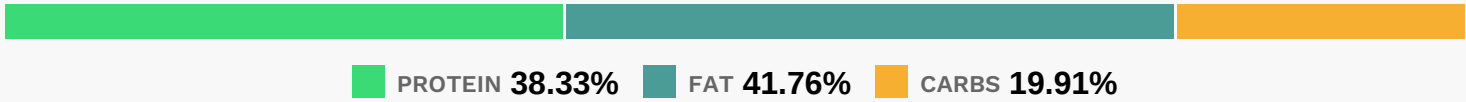
- ☐ bowl

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat the oil in a saucepan over medium-high heat.
- ☐ Add the corn, and fry for about 30 seconds.
- ☐ Pour in the fish stock, and season with salt and pepper. Simmer over medium-low heat for a few minutes.
- ☐ Drizzle in the egg while slowly stirring the soup to create a white swirl.
- ☐ To serve, divide the crabmeat into 4 bowls, and ladle the hot soup over it.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.5686956022097%

Nutrients (% of daily need)

Calories: 128.07kcal (6.4%), Fat: 5.99g (9.22%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.61g (2.04%), Sugar: 1.97g (2.19%), Cholesterol: 82.17mg (27.39%), Sodium: 920.83mg (40.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Selenium: 22.72µg (32.46%), Vitamin B12: 1.64µg (27.27%), Copper: 0.43mg (21.5%), Phosphorus: 176.75mg (17.67%), Vitamin B3: 3.26mg (16.3%), Zinc: 2.02mg (13.44%), Folate: 46.91µg (11.73%), Vitamin B2: 0.16mg (9.58%), Vitamin E: 1.4mg (9.31%), Calcium: 82.81mg (8.28%), Potassium: 284.4mg (8.13%), Vitamin B5: 0.74mg (7.38%), Vitamin K: 6.66µg (6.34%), Magnesium: 23.18mg (5.8%), Vitamin B6: 0.11mg (5.62%), Iron: 0.77mg (4.3%), Manganese: 0.08mg (4.09%), Fiber: 0.82g (3.28%), Vitamin C: 2.06mg (2.5%), Vitamin B1: 0.03mg (1.96%), Vitamin A: 83.58IU (1.67%), Vitamin D: 0.22µg (1.47%)