



Crab Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 lb baking potatoes peeled chopped (2)
- 2 Tbsp butter
- 8 oz imitation crabmeat rinsed
- 2 leeks cut in half lengthwise
- 3 cups milk
- 0.1 tsp pepper sauce hot
- 0.5 tsp thyme leaves dried
- 8 oz velveeta cut into 1/2-inch cubes

8 oz velveeta cut into 1/2-inch cubes

Equipment

frying pan

Directions

Cut white portion and 1 inch of light green portion of each leek into thin slices. Melt butter in large skillet on medium heat.

Add leeks; cook and stir 5 min. or until crisp-tender. Stir in all remaining ingredients except VELVEETA.

Bring to boil; cover. Simmer on low heat 15 min. or until potatoes are tender.

Add VELVEETA; cook 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring frequently.

Nutrition Facts

 **PROTEIN 14.92%**  **FAT 33.61%**  **CARBS 51.47%**

Properties

Glycemic Index:33.29, Glycemic Load:11.4, Inflammation Score:-6, Nutrition Score:9.3073913325434%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 207.14kcal (10.36%), Fat: 7.8g (11.99%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 25.17g (9.15%), Sugar: 8.63g (9.58%), Cholesterol: 18.8mg (6.27%), Sodium: 314.22mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.57%), Calcium: 176.61mg (17.66%), Vitamin A: 863.01IU (17.26%), Vitamin B6: 0.34mg (17%), Phosphorus: 165.94mg (16.59%), Vitamin K: 15.33µg (14.6%), Potassium: 475.35mg (13.58%), Manganese: 0.24mg (11.89%), Vitamin B2: 0.2mg (11.65%), Vitamin B12: 0.66µg (11.06%), Magnesium: 36.24mg (9.06%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.13mg (8.88%), Vitamin C: 6.98mg (8.46%), Fiber: 1.7g (6.79%), Folate: 27.01µg (6.75%), Vitamin B5: 0.67mg (6.72%), Iron: 1.12mg (6.24%), Copper: 0.1mg (4.78%), Zinc: 0.7mg (4.68%), Vitamin B3: 0.84mg (4.18%), Selenium: 2.84µg (4.06%), Vitamin E: 0.48mg (3.23%)