



Crab Bisque

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound crab meat
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10.8 ounce cream of asparagus soup canned
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup half-and-half
- ☐ 0.3 cup milk

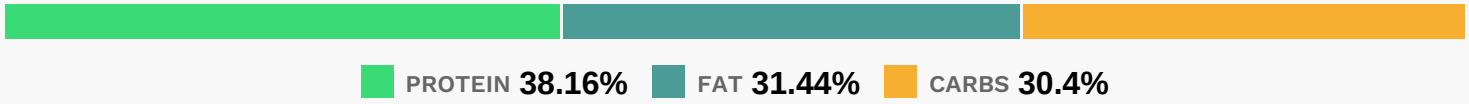
Equipment

- ☐ sauce pan

Directions

- ☐ Using a heavy saucepan, combine all of the ingredients and bring to a boil. Reduce the heat and allow to simmer for 5 minutes.
- ☐ Serve with your favorite crackers.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:14.576521907164%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 180.32kcal (9.02%), Fat: 5.83g (8.97%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 12.22g (4.44%), Sugar: 2.79g (3.1%), Cholesterol: 38.56mg (12.85%), Sodium: 1490.9mg (64.82%), Alcohol: 1.54g (100%), Alcohol %: 0.77% (100%), Protein: 15.92g (31.84%), Vitamin B12: 5.37µg (89.44%), Copper: 0.83mg (41.48%), Selenium: 22.87µg (32.68%), Zinc: 4.73mg (31.55%), Manganese: 0.5mg (24.76%), Phosphorus: 206.93mg (20.69%), Potassium: 348.2mg (9.95%), Vitamin B5: 0.98mg (9.84%), Magnesium: 38.72mg (9.68%), Vitamin B2: 0.14mg (8.52%), Vitamin B3: 1.69mg (8.43%), Vitamin B6: 0.16mg (8.14%), Folate: 32.41µg (8.1%), Calcium: 77.61mg (7.76%), Iron: 1.21mg (6.7%), Vitamin B1: 0.07mg (4.99%), Vitamin C: 4.11mg (4.98%), Vitamin A: 143.66IU (2.87%), Fiber: 0.46g (1.83%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.14µg (1.09%)