

Crab Bisque

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

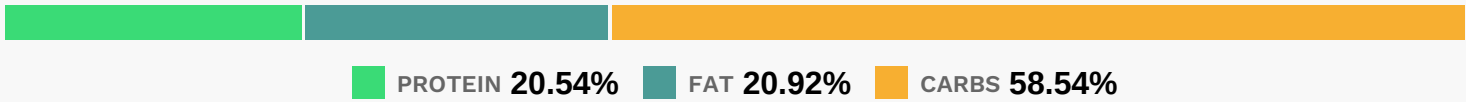
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 pinch curry powder
- ☐ 4 servings ground pepper black to taste
- ☐ 1.3 cups imitation crabmeat
- ☐ 1.3 cups milk
- ☐ 4 servings salt to taste

Equipment

Directions

- ☐ Stir the soups and milk together 'til smooth.
- ☐ Add the salt, pepper, and curry powder to taste and the crabmeat.
- ☐ Heat 'til steaming (don't boil).
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:5.3, Inflammation Score:-4, Nutrition Score:7.7730435236641%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 199.26kcal (9.96%), Fat: 4.64g (7.14%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.51g (10%), Sugar: 11.8g (13.11%), Cholesterol: 19.15mg (6.38%), Sodium: 1366.46mg (59.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.51%), Potassium: 643.78mg (18.39%), Manganese: 0.36mg (18.04%), Phosphorus: 123.76mg (12.38%), Vitamin C: 9.86mg (11.95%), Calcium: 108.5mg (10.85%), Copper: 0.19mg (9.74%), Vitamin B2: 0.16mg (9.6%), Vitamin B12: 0.53µg (8.89%), Zinc: 1.3mg (8.66%), Vitamin A: 425.2IU (8.5%), Vitamin B6: 0.15mg (7.28%), Vitamin B3: 1.43mg (7.15%), Fiber: 1.72g (6.87%), Magnesium: 25.96mg (6.49%), Vitamin B1: 0.09mg (6.05%), Iron: 1.07mg (5.93%), Vitamin D: 0.84µg (5.59%), Selenium: 3.78µg (5.4%), Vitamin B5: 0.43mg (4.31%), Vitamin K: 3.08µg (2.93%), Vitamin E: 0.35mg (2.35%), Folate: 5.74µg (1.43%)