

# Crab Bisque

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**166 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 10.8 ounce cream of mushroom soup canned
- 10.8 ounce all natural tomato soup canned
- 1 bunch spring onion chopped
- 12 ounce imitation crab diced
- 15 fluid ounces milk

## Equipment

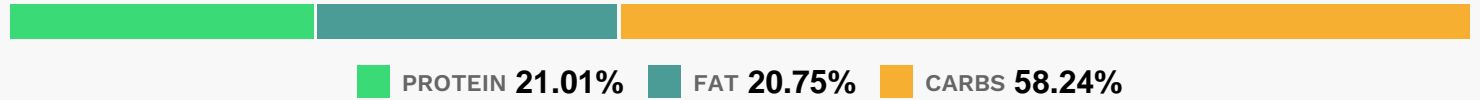
- bowl
- sauce pan

ladle

## Directions

In a saucepan, combine tomato soup, mushroom soup, milk and crab meat. Cook over medium heat stirring frequently. When hot, ladle into soup bowls and sprinkle with green onions.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:3.99, Inflammation Score:-3, Nutrition Score:6.4208696406821%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 166.27kcal (8.31%), Fat: 3.82g (5.87%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 22.71g (8.26%), Sugar: 9.7g (10.78%), Cholesterol: 17.65mg (5.88%), Sodium: 898.99mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Potassium: 471.38mg (13.47%), Manganese: 0.23mg (11.59%), Phosphorus: 106.62mg (10.66%), Calcium: 102.44mg (10.24%), Vitamin K: 10.13µg (9.64%), Vitamin C: 7.3mg (8.85%), Vitamin B2: 0.14mg (8.43%), Vitamin B12: 0.48µg (8.01%), Vitamin A: 358.75IU (7.17%), Copper: 0.13mg (6.55%), Zinc: 0.97mg (6.46%), Vitamin B6: 0.11mg (5.58%), Fiber: 1.39g (5.55%), Vitamin D: 0.81µg (5.42%), Magnesium: 20.34mg (5.08%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.99mg (4.96%), Selenium: 2.95µg (4.22%), Iron: 0.71mg (3.97%), Vitamin B5: 0.38mg (3.75%), Vitamin E: 0.23mg (1.54%), Folate: 6.12µg (1.53%)