



Crab Bisque

READY IN



45 min.

SERVINGS



5

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 pound flake crab meat finely chopped
- ☐ 0.5 cup cucumber peeled finely chopped
- ☐ 1 quart fish stock hot
- ☐ 0.5 cup flour all-purpose
- ☐ 1 quart half-and-half hot
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white

☐ 1 tablespoon rhine wine

Equipment

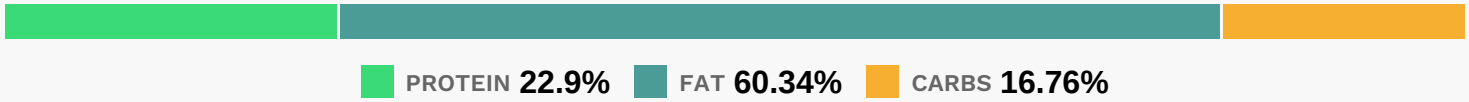
☐ bowl

☐ dutch oven

Directions

- ☐ Saut cucumber and onion in butter in a large Dutch oven until tender.
- ☐ Add flour, stirring until smooth. Cook 5 minutes, stirring constantly. Gradually add fish stock; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in half-and-half, crab meat, salt, and pepper.
- ☐ Remove from heat; cover and chill thoroughly.
- ☐ Stir in wine just before serving.
- ☐ Serve chilled in individual soup bowls.
- ☐ Garnish with cucumber slices, and serve with French bread, if desired.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:23.842608555504%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 492.32kcal (24.62%), Fat: 32.74g (50.38%), Saturated Fat: 15.56g (97.27%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.74g (7.18%), Sugar: 8.91g (9.9%), Cholesterol: 104.35mg (34.78%), Sodium: 1816.63mg (78.98%), Alcohol: 0.31g (100%), Alcohol %: 0.08% (100%), Protein: 27.96g (55.92%), Vitamin B12: 8.72µg (145.41%), Selenium: 44.74µg (63.92%), Copper: 0.99mg (49.25%), Phosphorus: 459.58mg (45.96%), Zinc: 6.47mg (43.12%), Vitamin B2: 0.54mg (31.61%), Calcium: 312.5mg (31.25%), Vitamin B3: 4.57mg (22.83%), Vitamin A: 1115.25IU (22.3%), Folate: 81.1µg (20.27%), Potassium: 660.36mg (18.87%), Magnesium: 71.98mg (18%), Vitamin B6:

0.28mg (14.19%), Vitamin B1: 0.21mg (13.78%), Vitamin C: 9.71mg (11.77%), Vitamin B5: 0.98mg (9.82%), Iron: 1.7mg (9.43%), Manganese: 0.16mg (7.89%), Vitamin E: 1.12mg (7.49%), Vitamin K: 3.9µg (3.71%), Fiber: 0.73g (2.92%)