



Crab Chowder

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 stalks celery cut into 1/4-inch slices
- ☐ 8 ounce bottled clam juice
- ☐ 1.5 pounds dungeness crab meat chopped
- ☐ 15 ounce fish broth canned
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream
- ☐ 7 potatoes cut into 1/2-inch pieces

- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups milk whole
- ☐ 1 onion yellow finely chopped

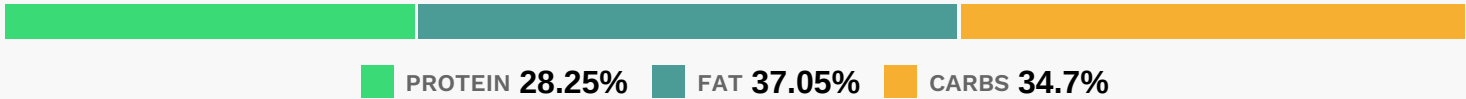
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pot over medium heat. Cook and stir onion, celery, thyme, salt, and pepper in hot butter until onion and celery start to soften, about 5 minutes. Stir potatoes, milk, broth, cream, and clam juice into onion mixture. Bring to a simmer; cook until potatoes are soft, about 10 minutes.
- ☐ Pour broth mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Return pureed soup to pot and stir in crabmeat. Cook until soup is hot and crab is heated through, about 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:33.79, Inflammation Score:-10, Nutrition Score:42.505652552066%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 647.2kcal (32.36%), Fat: 26.66g (41.01%), Saturated Fat: 14.59g (91.2%), Carbohydrates: 56.17g (18.72%), Net Carbohydrates: 49.63g (18.05%), Sugar: 9.4g (10.44%), Cholesterol: 187.51mg (62.5%), Sodium: 819.2mg (35.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.73g (91.45%), Vitamin B12: 15.65µg (260.77%),

Selenium: 72.67µg (103.82%), Vitamin C: 59.74mg (72.41%), Phosphorus: 684.9mg (68.49%), Vitamin B6: 1.18mg (59.24%), Copper: 1.18mg (58.9%), Vitamin B3: 10.89mg (54.44%), Potassium: 1884.09mg (53.83%), Zinc: 6.84mg (45.58%), Vitamin D: 6.77µg (45.15%), Calcium: 403.2mg (40.32%), Magnesium: 155.73mg (38.93%), Vitamin B2: 0.64mg (37.52%), Manganese: 0.6mg (29.96%), Vitamin A: 1477.79IU (29.56%), Folate: 111.57µg (27.89%), Fiber: 6.55g (26.18%), Vitamin B1: 0.36mg (23.79%), Iron: 4.21mg (23.37%), Vitamin B5: 1.88mg (18.84%), Vitamin K: 14.68µg (13.98%), Vitamin E: 1.39mg (9.25%)