



Crab-Corn Chowder

READY IN



20 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups corn kernels frozen
- ☐ 0.5 teaspoon crab boil seasoning (recommended: Old Bay)
- ☐ 0.8 teaspoon dijon mustard
- ☐ 1 pinch ground pepper black
- ☐ 4 servings salt and ground pepper black
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 2 tablespoons lowfat cream sour
- ☐ 1 cup lowfat milk

- ☐ 12 ounces lump crab meat fresh canned (or an equal amount of lump crabmeat)
- ☐ 2.3 teaspoons oats (regular or quick-cooking)
- ☐ 0.5 teaspoons olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1 cup see recipe below
- ☐ 2.3 teaspoons seasoned bread crumbs dry

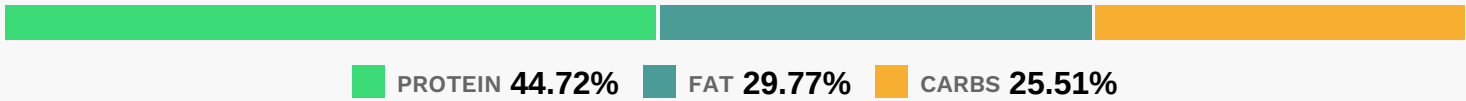
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saucepan, combine crab cake mixture, corn and bay leaves.
- ☐ Pour over broth and set pan over medium-high heat. Simmer 5 minutes. Stir in milk and simmer 2 minutes, until hot.
- ☐ Remove bay leaves and season, to taste, with salt and black pepper. Ladle soup into bowls and garnish with chopped fresh parsley.
- ☐ Crab Cake
- ☐ In a large bowl, combine crabmeat, sour cream, oats, bread crumbs, Dijon mustard, crab boil seasoning, oregano, and black pepper. Gently mix ingredients together, being careful not to break up crabmeat.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:21.180434745291%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 320.26kcal (16.01%), Fat: 10.98g (16.9%), Saturated Fat: 5.6g (35.02%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 19g (6.91%), Sugar: 7.01g (7.79%), Cholesterol: 81.15mg (27.05%), Sodium: 1851.61mg (80.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.25%), Vitamin B12: 8.28µg (137.99%), Selenium: 34.3µg (49.01%), Copper: 0.95mg (47.68%), Zinc: 5.99mg (39.94%), Phosphorus: 375.62mg (37.56%), Vitamin B3: 5.19mg (25.97%), Vitamin K: 20.37µg (19.4%), Folate: 74.17µg (18.54%), Potassium: 616.03mg (17.6%), Magnesium: 68.84mg (17.21%), Vitamin B2: 0.28mg (16.61%), Calcium: 144.74mg (14.47%), Manganese: 0.29mg (14.28%), Vitamin B6: 0.23mg (11.51%), Vitamin C: 8.74mg (10.59%), Iron: 1.64mg (9.13%), Fiber: 2.17g (8.7%), Vitamin B1: 0.13mg (8.68%), Vitamin B5: 0.85mg (8.5%), Vitamin A: 292.19IU (5.84%), Vitamin D: 0.66µg (4.41%), Vitamin E: 0.23mg (1.52%)