



Crab Soup

READY IN



35 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 pound crab meat
- ☐ 2 cups fish stock
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup chives fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.8 cup green onion with tops chopped
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon lemon-pepper seasoning

- ☐ 1 cup milk
- ☐ 1 cup parmesan freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cooking sherry
- ☐ 0.5 teaspoon pepper white

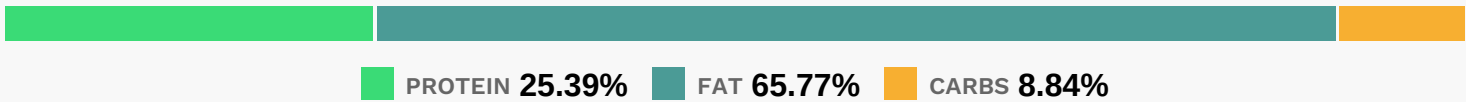
Equipment

- ☐ bowl

Directions

- ☐ Saute chopped green onion and garlic in butter until tender. Stir in flour, stirring until well blended. Slowly add 2 cups of the fish stock, continuing to cook until smooth and bubbly. Slowly add cream and milk. Stir in crabmeat.
- ☐ Add sherry, lemon-pepper seasoning, salt and white pepper. Simmer until piping hot; adjust seasoning (sherry, salt, and pepper), to taste.
- ☐ Serve in bowls topped with cheese and chives.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.48, Inflammation Score:-7, Nutrition Score:16.93000012377%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 297.97kcal (14.9%), Fat: 21.4g (32.93%), Saturated Fat: 13.21g (82.53%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 6.01g (2.19%), Sugar: 2.85g (3.16%), Cholesterol: 84.64mg (28.21%), Sodium: 1080.37mg (46.97%),

Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 18.59g (37.17%), Vitamin B12: 5.54µg (92.3%), Selenium: 26.58µg (37.97%), Copper: 0.58mg (29.13%), Phosphorus: 289.83mg (28.98%), Zinc: 4.07mg (27.15%), Calcium: 263.69mg (26.37%), Vitamin K: 26.86µg (25.58%), Vitamin A: 978.38IU (19.57%), Vitamin B2: 0.21mg (12.42%), Magnesium: 44.59mg (11.15%), Folate: 43.57µg (10.89%), Vitamin C: 7.62mg (9.24%), Vitamin B3: 1.79mg (8.97%), Potassium: 301.72mg (8.62%), Vitamin B6: 0.16mg (7.78%), Vitamin D: 0.87µg (5.83%), Vitamin B1: 0.08mg (5.59%), Manganese: 0.11mg (5.52%), Iron: 0.97mg (5.39%), Vitamin B5: 0.49mg (4.89%), Vitamin E: 0.63mg (4.2%), Fiber: 0.46g (1.85%)