



## Crab Soup

 Gluten Free

READY IN



45 min.

SERVINGS



13

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices applewood-smoked bacon
- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 1 cup celery diced
- 2 cups corn kernels fresh
- 0.5 cup flat-leaf parsley fresh chopped
- 0.5 cup bell pepper diced green
- 1 pound lump crab meat fresh

- 1 cup onion diced
- 0.5 teaspoon paprika
- 0.5 cup bell pepper diced red
- 2 cups potatoes diced red
- 1 teaspoon seafood seasoning
- 13 servings sour-cream biscuits
- 2 cups tomatoes diced seeded
- 4 cups vegetable broth
- 2 cups spicy-hot vegetable juice

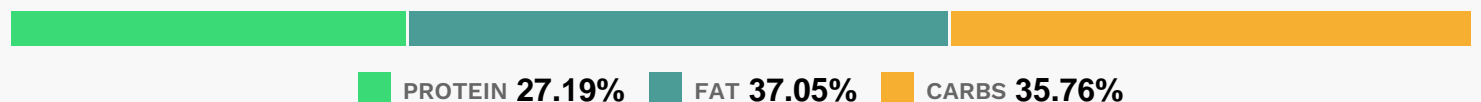
## Equipment

- frying pan
- paper towels
- dutch oven

## Directions

- Drain crabmeat, and remove any bits of shell. Set aside.
- Cook bacon in a large Dutch oven until crisp; remove bacon, and drain on paper towels, reserving drippings in pan. Crumble bacon, and set aside. Saut onion and next 3 ingredients in hot drippings 11 minutes or until tender. Stir in potato and next 5 ingredients; bring to a boil. Reduce heat and simmer, uncovered, 25 minutes or until potatoes are tender. Stir in tomatoes and corn; cook 15 minutes. Stir in crabmeat and parsley.
- Sprinkle with black pepper, and serve immediately with warm Sour-cream Biscuits.

## Nutrition Facts



## Properties

Glycemic Index:23.54, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:14.284347687079%

## Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 5.19mg, Apigenin: 5.19mg, Apigenin: 5.19mg, Apigenin: 5.19mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

## **Nutrients (% of daily need)**

Calories: 134.53kcal (6.73%), Fat: 5.68g (8.74%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 10.43g (3.79%), Sugar: 5.43g (6.04%), Cholesterol: 26.2mg (8.73%), Sodium: 708.95mg (30.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin B12: 3.2µg (53.32%), Vitamin C: 35.41mg (42.92%), Vitamin K: 44.7µg (42.57%), Vitamin A: 1253.01IU (25.06%), Selenium: 14.82µg (21.17%), Copper: 0.39mg (19.32%), Zinc: 2.46mg (16.42%), Phosphorus: 137.73mg (13.77%), Potassium: 415.48mg (11.87%), Folate: 43.1µg (10.78%), Vitamin B6: 0.19mg (9.51%), Magnesium: 37.55mg (9.39%), Manganese: 0.16mg (7.84%), Fiber: 1.91g (7.64%), Vitamin B3: 1.5mg (7.49%), Vitamin B1: 0.1mg (6.99%), Iron: 0.93mg (5.16%), Calcium: 50.63mg (5.06%), Vitamin B5: 0.48mg (4.83%), Vitamin B2: 0.08mg (4.63%), Vitamin E: 0.39mg (2.62%)