



Crab Whiskey Soup

READY IN



30 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 fluid ounce chicken broth
- 1.5 pounds crab meat flaked cooked
- 3.5 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper
- 1 cup milk
- 2 tablespoons olive oil
- 6 servings salt and pepper to taste
- 4 shallots minced

0.3 cup irish whiskey

Equipment

bowl

pot

Directions

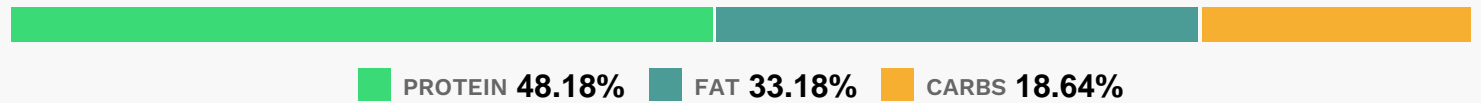
Heat the olive oil in a large pot over medium heat, and saute the shallots and garlic until tender.

Pour in the chicken broth, and bring to a boil. In a small bowl, mix the milk and flour. Stir the mixture into the pot, and continue cooking until soup is slightly thickened.

Season the soup with cayenne pepper, salt, and pepper.

Mix in the crab and whiskey, and cook until heated through.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:3.92, Inflammation Score:-5, Nutrition Score:19.253043589385%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.69kcal (11.58%), Fat: 7.22g (11.1%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.43g (3.06%), Sugar: 3.99g (4.43%), Cholesterol: 118.03mg (39.34%), Sodium: 1435.14mg (62.4%), Alcohol: 4.72g (100%), Alcohol %: 1.7% (100%), Protein: 23.58g (47.17%), Selenium: 51.88µg (74.12%), Vitamin B12: 4.03µg (67.12%), Copper: 0.97mg (48.67%), Phosphorus: 329.63mg (32.96%), Zinc: 4.71mg (31.41%), Vitamin E: 2.88mg (19.18%), Vitamin B3: 3.82mg (19.09%), Folate: 71.62µg (17.91%), Calcium: 168.44mg (16.84%), Vitamin B2: 0.28mg (16.56%), Vitamin B6: 0.28mg (13.78%), Vitamin B5: 1.37mg (13.7%), Magnesium: 52.12mg (13.03%), Potassium: 449.34mg (12.84%), Manganese: 0.26mg (12.83%), Vitamin B1: 0.13mg (8.64%), Vitamin C: 5.45mg (6.61%), Iron: 1.13mg (6.3%), Vitamin K: 3.5µg (3.34%), Vitamin D: 0.45µg (2.98%), Fiber: 0.7g (2.78%), Vitamin A: 106.73IU (2.13%)