



Crabby Bisque

 Gluten Free

READY IN



23 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12.8 ounce crab meat picked over canned
- ☐ 6 servings cayenne pepper
- ☐ 31.5 ounce condensed crab bisque restaurant-style canned recommended: Bookbinder's
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 2.3 cups heavy cream
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 servings salt

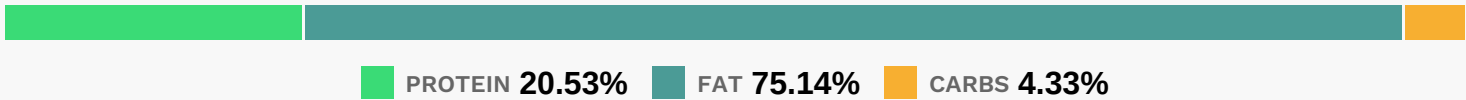
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ butter knife

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan, combine bisque, 2 1/4 cups heavy cream, lemon juice, parsley, and crabmeat with juices and bring to a simmer over medium heat for 5 to 10 minutes. Season soup, to taste, with salt and cayenne pepper. Divide soup among 6 bowls.
- ☐ Add 1 tablespoon of cream to each bowl and swirl with butter knife to create a pretty design.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:21.51695642264%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 393.44kcal (19.67%), Fat: 33.27g (51.18%), Saturated Fat: 20.75g (129.71%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.68g (1.34%), Sugar: 3.02g (3.35%), Cholesterol: 174.92mg (58.31%), Sodium: 869.91mg (37.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Vitamin B12: 5.5µg (91.63%), Selenium: 42.25µg (60.36%), Vitamin A: 2323.24IU (46.46%), Copper: 0.86mg (42.75%), Vitamin K: 37.44µg (35.66%), Zinc: 4.8mg (31.99%), Phosphorus: 281.84mg (28.18%), Vitamin E: 2.55mg (17.02%), Vitamin B2: 0.26mg (15.37%), Vitamin C: 12.22mg (14.81%), Folate: 57.33µg (14.33%), Calcium: 137.13mg (13.71%), Magnesium: 50.66mg (12.67%), Vitamin B6: 0.24mg (11.76%), Vitamin B3: 2.33mg (11.65%), Potassium: 375.85mg (10.74%), Vitamin B5: 0.98mg (9.76%), Vitamin D: 1.43µg (9.52%), Manganese: 0.1mg (5.15%), Iron: 0.9mg (4.99%), Vitamin B1: 0.06mg (3.85%), Fiber: 0.63g (2.53%)