



 **29%**
HEALTH SCORE

Crabby Corn Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 stalk celery chopped
- 0.3 cup chipotles in adobo pureed
- 2 bay leaves dried
- 0.3 cup sherry dry
- 2 cups fish stock
- 4 cups ears corn fresh frozen (is okay too)
- 4 cups milk whole
- 1 pound lump crab meat fresh

- 3 tablespoons olive oil
- 2 oz flour plain
- 6 servings pepper black freshly ground to taste
- 1 large onion sweet yellow chopped
- 3 yukon gold potatoes diced peeled

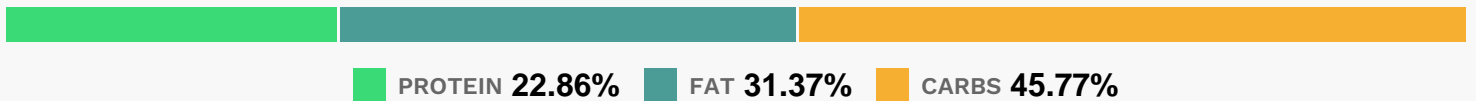
Equipment

- bowl
- ladle
- pot

Directions

- Heat a deep pot over medium heat.
- Add oil and butter. When butter is melted, add potatoes, celery, onion, bay leaves and chipotle peppers to the pot. Season vegetables with salt and pepper, mix well and saute until tender, about 10 minutes.
- Sprinkle in flour and cook about 2 minutes, stirring constantly. Stir in clam juice and half and half and mix well. Bring soup up to a simmer and continue to simmer for about 20 minutes, or until potatoes are soft. Stir in corn, crab and sherry and simmer for another 5 minutes, until heated through. Adjust the soup seasonings and remove the bay leaf. Ladle soup into bowls and top with a few dashes of hot sauce, if desired.
- Serve with some crackers, crusty bread or cornbread.

Nutrition Facts



Properties

Glycemic Index:54.29, Glycemic Load:19.06, Inflammation Score:-8, Nutrition Score:29.881739130435%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg,

Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Taste

Sweetness: 65.68%, Saltiness: 100%, Sourness: 26.56%, Bitterness: 19.56%, Savoriness: 41.13%, Fattiness: 95.18%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 469.42kcal (23.47%), Fat: 16.57g (25.5%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 54.42g (18.14%), Net Carbohydrates: 48.73g (17.72%), Sugar: 18.25g (20.28%), Cholesterol: 56.29mg (18.76%), Sodium: 997.76mg (43.38%), Alcohol: 1.03g (5.72%), Protein: 27.17g (54.34%), Vitamin B12: 7.77µg (129.46%), Phosphorus: 517.99mg (51.8%), Selenium: 35.56µg (50.8%), Copper: 0.93mg (46.64%), Zinc: 6.1mg (40.67%), Vitamin C: 31.48mg (38.16%), Potassium: 1189.35mg (33.98%), Vitamin B6: 0.65mg (32.41%), Folate: 123.35µg (30.84%), Magnesium: 121.73mg (30.43%), Vitamin B1: 0.44mg (29.36%), Calcium: 288.76mg (28.88%), Vitamin B3: 5.39mg (26.95%), Vitamin B2: 0.43mg (25.05%), Manganese: 0.46mg (23.05%), Fiber: 5.68g (22.73%), Vitamin B5: 1.94mg (19.36%), Iron: 2.71mg (15.03%), Vitamin D: 1.79µg (11.93%), Vitamin A: 559.28IU (11.19%), Vitamin E: 1.38mg (9.18%), Vitamin K: 9.28µg (8.84%)