



Creole Crab and Corn Chowder

READY IN



85 min.

SERVINGS



6

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 pinch cayenne pepper
- 0.5 cup celery diced
- 0.5 pound corn kernels sweet
- 6 ounces crab meat fresh
- 1.5 tablespoons flour all-purpose
- 2 cloves garlic peeled
- 1 bunch green onion thinly sliced for garnish
- 0.3 cup heavy cream

- 0.5 cup jalapeño peppers chopped
- 0.5 cup onion diced
- 1 teaspoon paprika sweet spanish (preferably)
- 1 pinch salt
- 0.5 teaspoon seafood seasoning old bay® (such as)
- 1 cup water

Equipment

- blender
- dutch oven

Directions

- Melt butter in a Dutch oven over medium heat; stir in onion, jalepeno peppers, celery, and a pinch of salt. Cook until onions are soft and translucent, 7 to 10 minutes.
- Stir seafood seasoning and cayenne pepper into onion mixture; cook for 30 seconds.
- Sprinkle flour over onion mixture; cook and stir until mixture is slightly thickened, about 2 minutes.
- Pour 2 1/2 cups water, 1/2 pound corn kernels, and 2 ounces crabmeat into the onion mixture; increase heat to medium-high and bring to simmer.
- Place 1 cup water, 1/2 pound corn kernels, and garlic into a blender. Cover and puree until smooth.
- Pour corn puree into the Dutch oven and bring mixture to a boil. Reduce heat to low; simmer until chowder is thicker and the color deepens, about 45 minutes.
- Stir 6 ounces of crabmeat, paprika, and heavy cream into chowder. Season with salt and pepper to taste; garnish with green onions and a pinch of cayenne pepper.

Nutrition Facts

  
 **PROTEIN 19.9%**  **FAT 51.76%**  **CARBS 28.34%**

Properties

Glycemic Index:54.17, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:9.3621738889943%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 136.1kcal (6.81%), Fat: 8.14g (12.52%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 8.38g (3.05%), Sugar: 3.11g (3.45%), Cholesterol: 33.15mg (11.05%), Sodium: 364.22mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Vitamin B12: 2.58µg (42.92%), Selenium: 11.86µg (16.94%), Vitamin C: 13.89mg (16.84%), Copper: 0.31mg (15.29%), Vitamin K: 14.48µg (13.79%), Zinc: 1.94mg (12.96%), Vitamin A: 620.59IU (12.41%), Folate: 41.02µg (10.25%), Phosphorus: 100.6mg (10.06%), Manganese: 0.14mg (6.96%), Vitamin B6: 0.14mg (6.96%), Fiber: 1.64g (6.57%), Magnesium: 25.83mg (6.46%), Potassium: 204.35mg (5.84%), Vitamin B2: 0.1mg (5.76%), Vitamin B3: 1.02mg (5.08%), Vitamin E: 0.66mg (4.37%), Vitamin B1: 0.06mg (3.99%), Calcium: 37.78mg (3.78%), Iron: 0.64mg (3.54%), Vitamin B5: 0.35mg (3.5%), Vitamin D: 0.16µg (1.06%)