

Dorsey's Cream of Crab Soup

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 celery chopped
- ☐ 4 tablespoons chicken soup base
- ☐ 10.5 ounce condensed chicken broth canned
- ☐ 1 pound crab meat
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 quart half-and-half cream
- ☐ 1 teaspoon old bay seasoning tm

- ☐ 1 onion chopped
- ☐ 1 potatoes diced peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon soya sauce
- ☐ 4 cups water

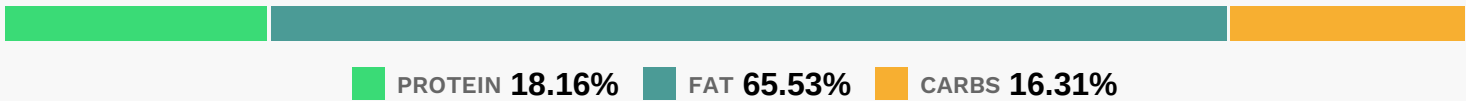
Equipment

- ☐ pot

Directions

- ☐ In a large stockpot, melt butter over medium heat.
- ☐ Add onions and celery; saute until onions are transparent, about 4 minutes.
- ☐ Stir in flour, mixing well. Cook for about 1 minute, stirring constantly. Do not burn, or let it go lumpy.
- ☐ Add water, chicken broth and chicken soup base; stir until smooth. Bring to a boil. Stir in parsley and diced potato. Reduce heat and simmer for about 20 minutes.
- ☐ Stir in cream, soy sauce, crab meat and seasonings. Raise heat to medium and bring chowder just to a boil.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:39.34, Glycemic Load:5.33, Inflammation Score:-7, Nutrition Score:17.356521730838%

Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 353.86kcal (17.69%), Fat: 25.99g (39.99%), Saturated Fat: 15.78g (98.64%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 13.36g (4.86%), Sugar: 6.54g (7.26%), Cholesterol: 96.79mg (32.26%), Sodium: 1712.25mg (74.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.41%), Vitamin B12: 5.37µg (89.45%), Selenium: 26.61µg (38.02%), Copper: 0.61mg (30.37%), Phosphorus: 275.04mg (27.5%), Zinc: 4.05mg (27.01%), Vitamin B2: 0.33mg (19.44%), Calcium: 182.3mg (18.23%), Vitamin A: 904.57IU (18.09%), Vitamin K: 17.71µg (16.87%), Vitamin C: 12.48mg (15.13%), Magnesium: 54.33mg (13.58%), Potassium: 473.11mg (13.52%), Vitamin B6: 0.26mg (13.14%), Folate: 48.65µg (12.16%), Vitamin B1: 0.13mg (8.41%), Manganese: 0.16mg (8.23%), Vitamin B3: 1.52mg (7.58%), Vitamin B5: 0.73mg (7.3%), Iron: 1.02mg (5.67%), Fiber: 1.2g (4.79%), Vitamin E: 0.71mg (4.71%)