



Easy Creamy Crab and Asparagus Soup

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup asparagus trimmed cut into 1/4-inch pieces
- ☐ 2 slices bacon diced
- ☐ 8 ounces crab meat
- ☐ 1 clove garlic crushed
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup half-and-half
- ☐ 0.5 cup onion minced
- ☐ 1 cup potatoes diced

- ☐ 1 teaspoon salt
- ☐ 2 cups skim milk
- ☐ 0.5 cup bell pepper diced yellow

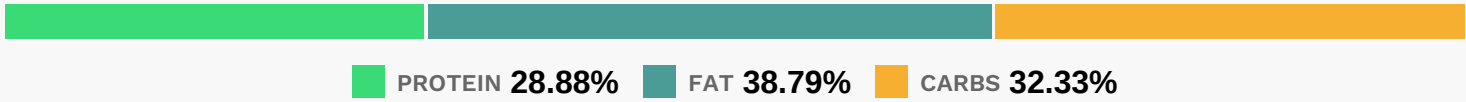
Equipment

- ☐ sauce pan

Directions

- ☐ Cook and stir the bacon and onion in a saucepan over medium-high heat until the onion is translucent, 7 to 10 minutes.
- ☐ Stir the garlic and yellow bell pepper into the bacon mixture; cook and stir together another 2 minutes.
- ☐ Mix the diced potato, asparagus, crabmeat, skim milk, half-and-half, salt, and black pepper into the bacon mixture; bring to a simmer, reduce heat to medium, and cook until the potatoes are tender, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:6.24, Inflammation Score:-6, Nutrition Score:15.660000127295%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 183.08kcal (9.15%), Fat: 7.94g (12.22%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.38g (4.86%), Sugar: 6.95g (7.72%), Cholesterol: 37.28mg (12.43%), Sodium: 813.55mg (35.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.6%), Vitamin B12: 3.99µg (66.48%), Vitamin C: 34.77mg (42.14%), Selenium: 18.83µg (26.9%), Phosphorus: 255.58mg (25.56%), Copper: 0.45mg (22.44%), Zinc: 3.1mg (20.7%), Calcium: 183.25mg (18.32%), Vitamin B6: 0.31mg (15.29%), Vitamin B2: 0.25mg (14.69%), Potassium: 512.53mg (14.64%), Magnesium: 46.87mg (11.72%), Vitamin B1: 0.16mg (10.47%), Folate: 39.59µg (9.9%), Vitamin A:

474.55IU (9.49%), Vitamin K: 8.49µg (8.09%), Manganese: 0.16mg (7.96%), Vitamin B5: 0.77mg (7.73%), Vitamin B3: 1.52mg (7.58%), Vitamin D: 0.93µg (6.18%), Fiber: 1.51g (6.05%), Iron: 1.02mg (5.65%), Vitamin E: 0.33mg (2.2%)