



Easy Tomato Crab Soup

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounce crab meat canned
- 14.5 ounce canned tomatoes diced canned
- 10.8 ounce condensed tomato soup canned
- 2 cloves garlic minced
- 1 pint half-and-half cream
- 2 tablespoons olive oil
- 0.3 cup onion chopped

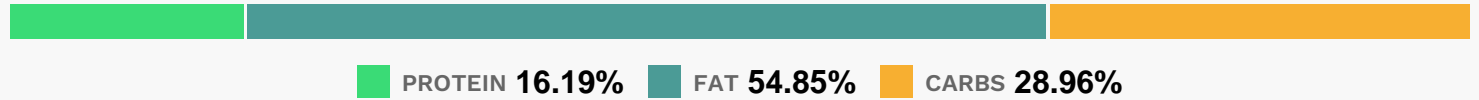
Equipment

sauce pan

Directions

In a large saucepan over medium heat, cook garlic and onion in oil until softened. Stir in tomato soup, tomatoes and crabmeat and heat through. Stir in half-and-half and cook until bubbly.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:4.25, Inflammation Score:-6, Nutrition Score:12.035652098448%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 227.7kcal (11.38%), Fat: 14.37g (22.11%), Saturated Fat: 6.33g (39.59%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.08g (5.48%), Sugar: 10.74g (11.94%), Cholesterol: 55.1mg (18.37%), Sodium: 490.17mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.09%), Selenium: 16.8µg (23.99%), Copper: 0.39mg (19.71%), Potassium: 677.51mg (19.36%), Vitamin C: 15.31mg (18.55%), Phosphorus: 182.39mg (18.24%), Vitamin B12: 1.09µg (18.23%), Vitamin E: 2.42mg (16.15%), Calcium: 143.47mg (14.35%), Vitamin B2: 0.23mg (13.26%), Vitamin A: 626.37IU (12.53%), Vitamin B6: 0.25mg (12.53%), Manganese: 0.24mg (12.13%), Zinc: 1.69mg (11.25%), Vitamin B3: 2.15mg (10.77%), Magnesium: 39.82mg (9.96%), Vitamin K: 9.22µg (8.78%), Fiber: 1.99g (7.98%), Iron: 1.43mg (7.94%), Vitamin B1: 0.11mg (7.2%), Vitamin B5: 0.72mg (7.15%), Folate: 27.03µg (6.76%)