



Emergency Crab Bisque

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.3 cup green onions chopped
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 2 tablespoons heavy cream
- ☐ 8 ounces lump crab meat fresh
- ☐ 1 pinch seafood seasoning old bay® (such as)
- ☐ 4 cups creamy tomato soup ready-to-serve

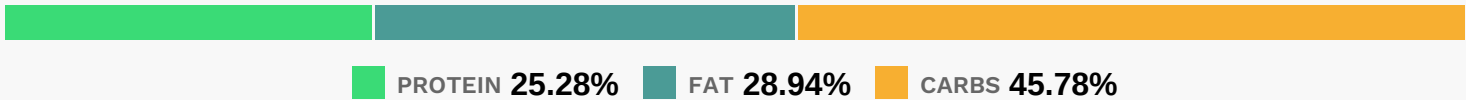
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Combine green onion, butter, and 1/4 teaspoon seafood seasoning in a saucepan over medium heat. Cook until onion is slightly softened, 2 minutes.
- ☐ Stir tomato soup into saucepan; increase heat to medium and bring to a simmer. Stir in cayenne pepper and reduce heat to medium-low. Stir in crabmeat; cook, stirring occasionally, until crab is cooked through, 5 to 10 minutes. Season with salt and black pepper to taste.
- ☐ Remove from heat.
- ☐ Whisk cream with a pinch of seafood seasoning until light and frothy, about 30 seconds. Ladle bisque into bowls and stir in a teaspoon of frothy cream.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:7.73, Inflammation Score:-7, Nutrition Score:16.563043368899%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 198.81kcal (9.94%), Fat: 6.57g (10.11%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 21.56g (7.84%), Sugar: 12.56g (13.95%), Cholesterol: 39.81mg (13.27%), Sodium: 1057.57mg (45.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin B12: 5.12µg (85.35%), Selenium: 25.4µg (36.28%), Copper: 0.61mg (30.27%), Vitamin C: 24.33mg (29.49%), Potassium: 975.19mg (27.86%), Zinc: 3.69mg (24.63%), Vitamin K: 20.23µg (19.27%), Phosphorus: 178.09mg (17.81%), Vitamin A: 870.91IU (17.42%), Magnesium: 50.99mg (12.75%), Manganese: 0.25mg (12.75%), Vitamin B6: 0.22mg (11.14%), Vitamin B3:

1.94mg (9.71%), Iron: 1.4mg (7.78%), Folate: 29.73μg (7.43%), Fiber: 1.83g (7.33%), Vitamin B1: 0.09mg (6.16%), Calcium: 58.25mg (5.82%), Vitamin E: 0.7mg (4.66%), Vitamin B2: 0.07mg (3.98%), Vitamin B5: 0.23mg (2.26%)