



Faux She-Crab Soup

READY IN



30 min.

SERVINGS



6

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 sticks butter
- 0.5 cup celery finely chopped
- 1 bottle bottled clam juice
- 1 pound crab meat
- 3 tablespoons cream sherry sweet
- 6 servings accompaniment: crostini
- 1 cup flour all-purpose
- 3 cloves garlic smashed
- 1 quart half-and-half

- 6 servings nutmeg
- 6 servings seafood seasoning (recommended: Old Bay)
- 0.5 cup onion sweet finely chopped
- 1 pinch pepper white
- 1 cup milk whole
- 0.5 cup masago (smelt roe)
- 0.5 cup masago (smelt roe)

Equipment

- bowl
- sauce pan
- ladle
- whisk

Directions

- Melt the butter in large saucepan over low heat.
- Add the onion, celery and garlic and saute until the onions become translucent, about 4 to 5 minutes.
- Add freshly cracked white pepper and stir in the flour to make a light roux. Set the roux aside.
- In another saucepan, over low heat, combine the clam juice and the half-and-half.
- Heat slowly until the mixture almost comes to a simmer.
- Slowly whisk the clam juice mixture into the roux. Stir in the sherry and fold in the crabmeat.
- Add seafood seasoning, to taste. Slowly reheat the sauce. (DO NOT BOIL!) If necessary, add milk to desired consistency. This should be a thick soup, so go slow with the milk.
- Ladle the soup into small serving bowls and top each with a dollop of masago. Grate fresh nutmeg on top and serve with crostini.

Nutrition Facts

PROTEIN 15.21% **FAT 53.64%** **CARBS 31.15%**

Properties

Glycemic Index:63.63, Glycemic Load:33.96, Inflammation Score:-8, Nutrition Score:30.987391368203%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 769.32kcal (38.47%), Fat: 45.67g (70.26%), Saturated Fat: 27.4g (171.27%), Carbohydrates: 59.67g (19.89%), Net Carbohydrates: 56.82g (20.66%), Sugar: 13.05g (14.5%), Cholesterol: 152.57mg (50.86%), Sodium: 1331.15mg (57.88%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 29.14g (58.28%), Vitamin B12: 7.37µg (122.85%), Selenium: 52.19µg (74.56%), Phosphorus: 463.58mg (46.36%), Vitamin B1: 0.66mg (44.19%), Copper: 0.87mg (43.6%), Vitamin B2: 0.73mg (42.81%), Zinc: 6.12mg (40.79%), Folate: 155.96µg (38.99%), Calcium: 363.79mg (36.38%), Manganese: 0.72mg (35.9%), Vitamin A: 1441.33IU (28.83%), Vitamin B3: 5.34mg (26.71%), Iron: 4.57mg (25.41%), Vitamin K: 24.8µg (23.62%), Magnesium: 90.91mg (22.73%), Vitamin B6: 0.37mg (18.46%), Potassium: 601.79mg (17.19%), Vitamin B5: 1.28mg (12.83%), Fiber: 2.84g (11.38%), Vitamin C: 8.4mg (10.18%), Vitamin E: 1.32mg (8.81%), Vitamin D: 0.45µg (2.98%)