



## Tomato, Fennel, and Crab Soup

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounces crab meat fresh picked over
- 2 medium fennel bulb with fronds; bulbs cored, thinly sliced, fronds chopped and reserved
- 3 large garlic clove minced
- 0.3 cup olive oil
- 4 servings olive oil
- 3.5 cups onion chopped
- 4.5 inch bread whole wheat toasted
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- 29 ounce tomatoes diced canned
- 2 cups vegetable stock ()

## Equipment

- bowl
- pot

## Directions

- Heat 1/4 cup oil in heavy large pot over medium-high heat.
- Add onions, fennel slices, and garlic; sprinkle lightly with salt and pepper. Sauté until onions and fennel are tender, stirring often and adjusting heat to medium if browning too quickly, about 15 minutes.
- Add tomatoes with juice and 2 cups broth and bring to boil. Reduce heat, cover, and simmer until flavors blend and vegetables are very tender, about 15 minutes. Stir in crabmeat and add more broth by 1/4 cupfuls to thin soup, if desired; simmer just until heated through, 3 to 4 minutes. Season soup with salt and pepper.
- Divide soup among bowls.
- Sprinkle each with chopped fennel fronds.
- Drizzle each serving with oil.
- Serve with toasts.

## Nutrition Facts



## Properties

Glycemic Index:71.6, Glycemic Load:7.46, Inflammation Score:-9, Nutrition Score:30.330869882003%

## Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

0.14mg, Myricetin: 0.14mg Quercetin: 29.76mg, Quercetin: 29.76mg, Quercetin: 29.76mg, Quercetin: 29.76mg

## **Nutrients (% of daily need)**

Calories: 441.68kcal (22.08%), Fat: 28.7g (44.15%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 26.1g (9.49%), Sugar: 16.7g (18.55%), Cholesterol: 23.81mg (7.94%), Sodium: 1331.01mg (57.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Vitamin K: 97.04µg (92.41%), Vitamin B12: 5.1µg (85.05%), Vitamin C: 48.19mg (58.41%), Copper: 0.82mg (40.8%), Vitamin E: 6.1mg (40.65%), Manganese: 0.74mg (37.09%), Potassium: 1214.44mg (34.7%), Selenium: 24.16µg (34.51%), Fiber: 8.45g (33.81%), Vitamin B6: 0.58mg (28.82%), Zinc: 4.26mg (28.4%), Phosphorus: 277.88mg (27.79%), Folate: 102.05µg (25.51%), Magnesium: 89.24mg (22.31%), Iron: 3.81mg (21.19%), Calcium: 192.99mg (19.3%), Vitamin B3: 3.27mg (16.34%), Vitamin B1: 0.22mg (14.65%), Vitamin A: 664.31IU (13.29%), Vitamin B2: 0.22mg (13.21%), Vitamin B5: 0.94mg (9.37%)