



Fire Roasted Tomato-Basil Crab Bisque

READY IN



60 min.

SERVINGS



6

CALORIES



189 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz canned tomatoes diced fire roasted organic crushed undrained canned
- 2 cups chicken broth organic
- 0.5 cup celery finely chopped
- 0.3 cup spring onion finely sliced (white part only)
- 6 tablespoons butter unsalted
- 2 tablespoons flour all-purpose
- 0.3 cup wine dry white
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black

- 0.8 lb lump crab meat fresh refrigerated
- 2 tablespoons basil fresh chopped
- 2.5 cups frangelico

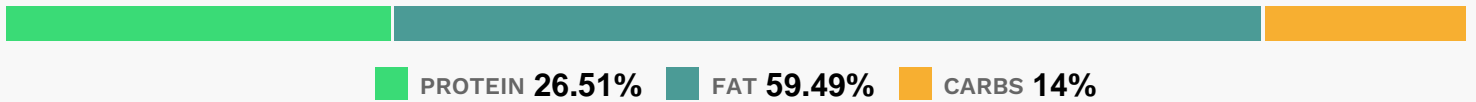
Equipment

- sauce pan
- whisk

Directions

- In 2-quart saucepan, combine tomatoes, broth, celery and onions. Cook over medium-high heat 10 to 12 minutes, stirring occasionally, until celery is softened.
- In 4-quart saucepan, melt butter over low heat. Using wire whisk, stir flour into butter. Cook 1 minute, stirring constantly. Slowly add half-and-half, stirring constantly. Stir in tomato mixture, 1 cup at a time.
- Stir in wine, salt and pepper. Bring to a boil over medium-high heat. Reduce heat to low; stir in crabmeat and basil. Cover and simmer 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:12.603043488834%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 188.64kcal (9.43%), Fat: 11.91g (18.33%), Saturated Fat: 7.26g (45.39%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.44g (1.98%), Sugar: 2.24g (2.49%), Cholesterol: 55.48mg (18.49%), Sodium: 1073.45mg (46.67%), Alcohol: 1.03g (100%), Alcohol %: 0.54% (100%), Protein: 11.95g (23.89%), Vitamin B12: 5.14µg (85.71%), Selenium: 22.01µg (31.45%), Copper: 0.55mg (27.55%), Zinc: 3.5mg (23.36%), Vitamin A: 754.03IU (15.08%), Vitamin K: 15.02µg (14.31%), Phosphorus: 139.23mg (13.92%), Folate: 36.21µg (9.05%), Magnesium: 32.73mg (8.18%), Vitamin C: 6.37mg (7.72%), Calcium: 62.44mg (6.24%), Manganese: 0.12mg (5.97%), Vitamin B2: 0.1mg (5.76%), Iron: 1.01mg (5.64%), Potassium: 179.4mg (5.13%), Vitamin B3: 1.02mg (5.08%), Vitamin B6: 0.1mg (5.08%), Vitamin B1: 0.07mg (4.4%), Fiber: 0.87g (3.48%), Vitamin E: 0.41mg (2.73%), Vitamin B5: 0.26mg (2.63%), Vitamin D: 0.21µg (1.4%)