

Lime-Crab Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 0.5 chipotles in adobo seeded
- ☐ 0.5 pound crabmeat cooked
- ☐ 0.5 teaspoon cumin seeds crushed
- ☐ 0.3 cup cilantro leaves fresh packed chopped
- ☐ 3 cups ears corn fresh
- ☐ 4 lime zest juiced

- ☐ 0.5 teaspoon salt divided
- ☐ 4 ounces tortilla chips

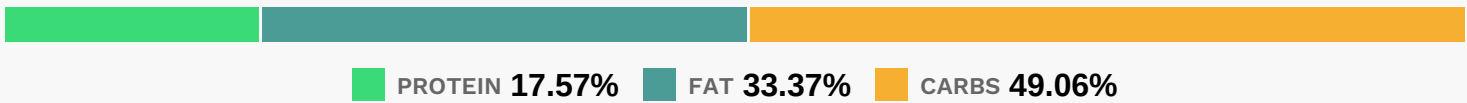
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Reserve 1 tablespoon lime juice. Blend remaining lime juice, zest, corn kernels, chile, adobo sauce, broth and 1/4 teaspoon salt in a blender until smooth. Divide soup among 4 bowls. Toss crabmeat, avocado, cilantro, cumin seeds, reserved lime juice and remaining 1/4 teaspoon salt in a bowl.
- ☐ Sprinkle soup with crab mixture and serve with tortilla chips, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:23.385217376377%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 391.41kcal (19.57%), Fat: 15.83g (24.36%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 43.18g (15.7%), Sugar: 9.64g (10.71%), Cholesterol: 59.7mg (19.9%), Sodium: 1596.81mg (69.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.52%), Vitamin C: 34.08mg (41.31%), Selenium: 27.66µg (39.51%), Fiber: 9.19g (36.76%), Copper: 0.73mg (36.33%), Phosphorus: 342.57mg (34.26%), Vitamin B12: 1.94µg (32.25%), Folate: 124.7µg (31.18%), Magnesium: 106.59mg (26.65%), Vitamin B3: 5.27mg (26.34%), Vitamin B5: 2.55mg (25.51%), Potassium: 856.16mg (24.46%), Zinc: 3.63mg (24.2%), Vitamin E: 3.43mg

(22.9%), Vitamin B1: 0.33mg (21.78%), Manganese: 0.42mg (20.87%), Vitamin B2: 0.35mg (20.72%), Vitamin B6: 0.4mg (20.04%), Vitamin K: 20.49µg (19.51%), Iron: 2.35mg (13.08%), Calcium: 124.54mg (12.45%), Vitamin A: 387.66IU (7.75%)