



Mexican Crab and Corn Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 oz bottled clam juice
- ☐ 2 ears corn) corn kernels frozen (6 to 8 in.)
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 4 cloves garlic unpeeled
- ☐ 2 limes cut in half
- ☐ 0.3 cup dehydrated masa flour (corn tortilla flour)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 lb onion peeled cut into 1-inch wedges

- ☐ 1 pound roma tomatoes
- ☐ 4 servings salt

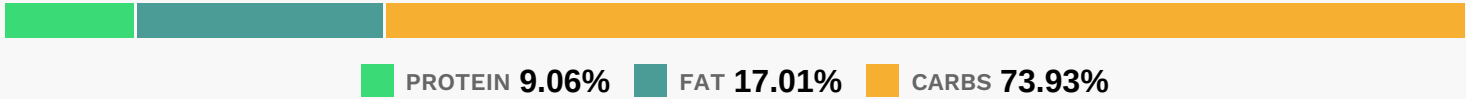
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ In a 10- by 15-inch pan, arrange tomatoes, onion, garlic, and chilies in a single layer. Broil about 4 inches from heat until charred, turning as needed, 13 to 15 minutes.
- ☐ Remove vegetables as they char. Cool. Peel garlic; pull off and discard chili skin, seeds, and stems. In a blender or food processor, pure vegetables.
- ☐ Pour pure and oil into a 5- to 6-quart pan over high heat. Stir often until mixture is slightly darker, 5 to 7 minutes.
- ☐ Mix masa flour and broth. Stir into pan along with clam juice.
- ☐ For added flavor, if desired, rub crab butter through a fine strainer into pan.
- ☐ Bring mixture to a boil, stirring; occasionally; cover and simmer gently for 5 minutes.
- ☐ Meanwhile, remove husks and silk from corn. With a heavy knife, cut corn crosswise into 1-inch-wide wheels; if needed, pound back of knife gently with mallet to force blade through cob.
- ☐ Add epazote (if dried, tie in cheesecloth), corn, and crab pieces to pan. Cover and simmer until crab is hot, 5 minutes (if cooked) to 10 minutes (if raw).
- ☐ Remove and discard epazote.
- ☐ Ladle soup into bowls. Season to taste with salt and juice squeezed from limes.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:7.25, Inflammation Score:-9, Nutrition Score:15.623478205308%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

Nutrients (% of daily need)

Calories: 285.9kcal (14.3%), Fat: 5.78g (8.89%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 56.5g (18.83%), Net Carbohydrates: 50.12g (18.23%), Sugar: 16.74g (18.59%), Cholesterol: 0mg (0%), Sodium: 1735.92mg (75.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin C: 44.82mg (54.32%), Vitamin A: 1385.23IU (27.7%), Fiber: 6.37g (25.5%), Manganese: 0.48mg (24.23%), Potassium: 808.9mg (23.11%), Vitamin B6: 0.46mg (22.88%), Phosphorus: 199.91mg (19.99%), Folate: 70.28µg (17.57%), Vitamin B3: 3.39mg (16.97%), Magnesium: 64.8mg (16.2%), Vitamin B1: 0.23mg (15.46%), Copper: 0.27mg (13.63%), Vitamin K: 11.68µg (11.12%), Vitamin E: 1.54mg (10.27%), Vitamin B5: 1mg (9.98%), Selenium: 6.97µg (9.96%), Iron: 1.75mg (9.74%), Vitamin B2: 0.15mg (8.67%), Calcium: 82.84mg (8.28%), Zinc: 1.04mg (6.95%), Vitamin B12: 0.41µg (6.81%)