



Neptune's Favorite Crab Bisque

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounce crab meat canned
- 10.8 ounce cream of mushroom soup canned
- 10.8 ounce cream of asparagus soup canned
- 1 cup cup heavy whipping cream light
- 2 cups milk
- 1.3 cups white wine

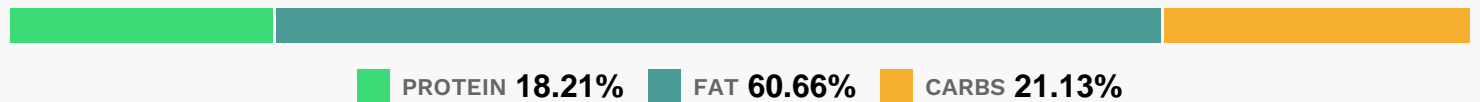
Equipment

- pot

Directions

- Blend both cans of soup in medium or large pot, stir in milk and cream. Simmer over medium heat, stirring frequently (so milk and cream do not scorch). When boiling point is nearly reached, turn down heat.
- Flake crab meat and add to soup. Simmer an additional 5 minutes, then add white wine.
- Add small amount of butter to surface (optional) and sprinkle with chervil or parsley.
- Variations: (
 - For a low-fat version, omit butter. Instead of milk and cream, substitute non-fat milk. (
 - Instead of canned crab, use fresh or imitation crab. If using fresh crab, be sure to remove all cartilage and shell. (
 - Substitute crab with lobster, clams, or mussels (shells or no shells). For an exquisite "seafood bisque," combine all of the above. Yum!

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:10.871304289154%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 290.59kcal (14.53%), Fat: 17.3g (26.61%), Saturated Fat: 10.37g (64.84%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 13.26g (4.82%), Sugar: 5.29g (5.88%), Cholesterol: 86.55mg (28.85%), Sodium: 873.98mg (38%), Alcohol: 5.15g (100%), Alcohol %: 2.17% (100%), Protein: 11.68g (23.37%), Vitamin B12: 1.56µg (26.07%), Copper: 0.44mg (21.98%), Phosphorus: 215.31mg (21.53%), Selenium: 14.92µg (21.32%), Manganese: 0.39mg (19.39%), Calcium: 167.98mg (16.8%), Zinc: 2.39mg (15.91%), Vitamin B2: 0.24mg (14.18%), Vitamin B5: 1.16mg (11.64%), Vitamin A: 570.38IU (11.41%), Potassium: 388.93mg (11.11%), Vitamin B6: 0.17mg (8.28%), Vitamin B3: 1.61mg (8.06%), Magnesium: 31.82mg (7.95%), Vitamin D: 1.13µg (7.56%), Vitamin E: 0.95mg (6.32%), Vitamin B1: 0.09mg

(5.9%), Folate: 21.12µg (5.28%), Iron: 0.84mg (4.65%), Vitamin K: 2.16µg (2.06%), Vitamin C: 1.17mg (1.42%), Fiber: 0.3g (1.22%)