



River House She-crab Soup

READY IN



45 min.

SERVINGS



9

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 9 servings pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 2 carrots chopped
- ☐ 4 rib celery stalks chopped
- ☐ 5 cups bottled clam juice
- ☐ 2 pounds crab meat fresh drained
- ☐ 1 pinch curry powder
- ☐ 0.5 cup sherry dry

- ☐ 1 fennel bulb chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 4 garlic clove minced
- ☐ 1 pinch turmeric
- ☐ 2 cups heavy whipping cream
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt
- ☐ 9 servings salt
- ☐ 2 tablespoons tomato paste
- ☐ 1 onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ spatula
- ☐ dutch oven

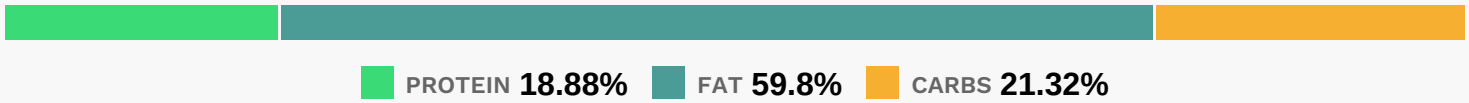
Directions

- ☐ Melt butter with oil in a Dutch oven over medium heat.
- ☐ Add onion and next 4 ingredients; saut 8 minutes or until tender.
- ☐ Stir in flour and next 5 ingredients; cook 1 minute, stirring frequently.
- ☐ Add sherry and clam juice; stir until well blended. Stir in parsley and tarragon. Bring to a boil, reduce heat, and simmer, uncovered, 15 minutes or until reduced to 4 cups.
- ☐ Pour mixture through a wire-mesh strainer into a separate bowl or pan, pressing on solids with a spatula; discard solids. Return soup to Dutch oven; stir in cream. Cook over medium heat 25 minutes or until soup is thickened.

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Add crabmeat; cook 3 to 5 minutes or until warmed through. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:60.2, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:26.989130289658%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.61mg, Apigenin: 3.61mg, Apigenin: 3.61mg, Apigenin: 3.61mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 476.98kcal (23.85%), Fat: 31.33g (48.19%), Saturated Fat: 16.39g (102.45%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 22.71g (8.26%), Sugar: 8.69g (9.66%), Cholesterol: 115.66mg (38.55%), Sodium: 1879.91mg (81.74%), Alcohol: 1.37g (100%), Alcohol %: 0.46% (100%), Protein: 22.25g (44.5%), Vitamin B12: 9.21µg (153.44%), Vitamin A: 3687.01IU (73.74%), Selenium: 40.76µg (58.24%), Copper: 1.04mg (51.87%), Vitamin K: 52.51µg (50.01%), Zinc: 6.48mg (43.18%), Phosphorus: 304.26mg (30.43%), Vitamin C: 22.6mg (27.39%), Folate: 81.1µg (20.27%), Magnesium: 75.43mg (18.86%), Potassium: 638.12mg (18.23%), Vitamin B6: 0.35mg (17.55%), Manganese: 0.35mg (17.4%), Vitamin E: 2.08mg (13.88%), Calcium: 132.4mg (13.24%), Vitamin B2: 0.22mg (12.91%), Vitamin B3: 2.2mg (11.01%), Iron: 1.89mg (10.5%), Fiber: 2.43g (9.71%), Vitamin B1: 0.14mg (9.06%), Vitamin B5: 0.76mg (7.63%), Vitamin D: 0.85µg (5.64%)