



She Crab Soup

READY IN



65 min.

SERVINGS



8

CALORIES



1849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup medium-diced carrots
- ☐ 1 cup medium-diced celery
- ☐ 2 tablespoons crab boil seasoning (recommended: Old Bay)
- ☐ 2 pounds crab meat
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 3 quarts heavy cream
- ☐ 1 cup medium-diced onions

- ☐ 2 ounces sea urchin roe (uni)
- ☐ 2 cups cooking sherry
- ☐ 1 quart lobster stock
- ☐ 1 pound butter unsalted divided

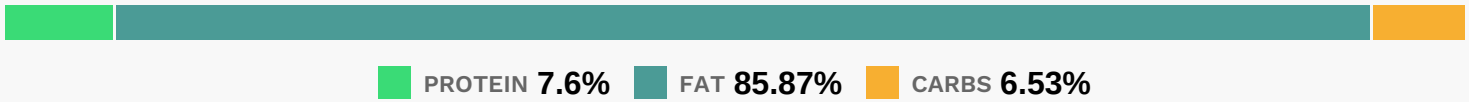
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ hand mixer

Directions

- ☐ In heavy saucepan or stock pot over medium-high heat, add 3/4 pound butter, carrots, celery, onions, and garlic and cook until the vegetables have begun to brown, 10 to 12 minutes. Deglaze with the sherry, and stir and scrape up any bits. Once deglazed, add the flour and stir into the butter to create a roux. Once well mixed, add the stock and cream, reduce the heat to medium-low, and cook for 25 minutes, stirring throughout to ensure the soup does not scorch.
- ☐ Pulse the soup with a hand mixer to mince the vegetables.
- ☐ Add the crab boil seasoning, crab roe, and parsley and continue to cook for 10 minutes.
- ☐ Remove the soup from heat, whisk in the remaining 1/4 pound butter, and stir in the crab meat.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:10.63, Inflammation Score:-10, Nutrition Score:37.988695704419%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg,

Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.4mg, Apigenin:
4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg
Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol:
0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg,
Myricetin: 0.31mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 1848.81kcal (92.44%), Fat: 175.27g (269.65%), Saturated Fat: 110.97g (693.53%), Carbohydrates: 29.99g
(10%), Net Carbohydrates: 28.38g (10.32%), Sugar: 13.85g (15.39%), Cholesterol: 576.22mg (192.07%), Sodium:
1554.87mg (67.6%), Alcohol: 6.18g (100%), Alcohol %: 1.01% (100%), Protein: 34.88g (69.77%), Vitamin A: 9833.65IU
(196.67%), Vitamin B12: 11.14µg (185.68%), Selenium: 60.82µg (86.88%), Copper: 1.15mg (57.72%), Vitamin K:
60.32µg (57.45%), Zinc: 8.01mg (53.41%), Phosphorus: 528.25mg (52.82%), Vitamin B2: 0.85mg (50.02%), Vitamin
D: 6.53µg (43.52%), Calcium: 338.09mg (33.81%), Vitamin E: 4.76mg (31.74%), Folate: 111.27µg (27.82%), Magnesium:
102.55mg (25.64%), Potassium: 794mg (22.69%), Vitamin B6: 0.44mg (21.84%), Vitamin C: 15.81mg (19.16%),
Vitamin B1: 0.28mg (18.93%), Manganese: 0.37mg (18.67%), Vitamin B5: 1.63mg (16.26%), Vitamin B3: 2.92mg
(14.58%), Iron: 2.58mg (14.35%), Fiber: 1.61g (6.43%)