



She-crab Soup

READY IN



45 min.

SERVINGS



3

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups half and half
- ☐ 3 servings hardboiled eggs fresh freshly ground chopped
- ☐ 2 hardboiled eggs finely chopped
- ☐ 1 pound lump crab meat
- ☐ 1 Dash old bay seasoning
- ☐ 3 tablespoons onion minced
- ☐ 0.3 teaspoon paprika

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce

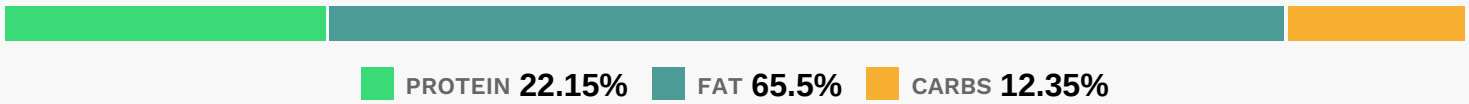
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over low heat; add onion and cook over medium heat, stirring constantly 5 minutes or until tender.
- ☐ Whisk in flour until mixture is smooth. Cook 1 minute, whisking constantly. Gradually whisk in half-and-half; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in salt and next 6 ingredients.
- ☐ Add roe, if desired, and sherry to taste.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:66.33, Glycemic Load:6.01, Inflammation Score:-9, Nutrition Score:33.740000113197%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 784.95kcal (39.25%), Fat: 57.15g (87.92%), Saturated Fat: 33.69g (210.59%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 23.65g (8.6%), Sugar: 14.59g (16.22%), Cholesterol: 345.17mg (115.06%), Sodium: 2065.42mg (89.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.96%), Vitamin B12: 14.63µg (243.9%), Selenium: 79.76µg (113.94%), Copper: 1.46mg (73.03%), Phosphorus: 718.91mg (71.89%), Zinc: 10.74mg (71.62%), Vitamin B2: 0.94mg (55.04%), Calcium: 447.08mg (44.71%), Vitamin A: 1917.94IU (38.36%), Magnesium:

114.93mg (28.73%), Folate: 113.35µg (28.34%), Potassium: 848.45mg (24.24%), Vitamin B6: 0.45mg (22.59%),
Vitamin B5: 2.03mg (20.29%), Vitamin B1: 0.28mg (18.37%), Vitamin C: 14.75mg (17.88%), Vitamin B3: 2.72mg
(13.6%), Iron: 2.26mg (12.58%), Vitamin E: 1.66mg (11.09%), Manganese: 0.2mg (9.87%), Vitamin K: 6.68µg (6.36%),
Vitamin D: 0.76µg (5.04%), Fiber: 0.6g (2.39%)