



She-crab Soup

READY IN



45 min.

SERVINGS



3

CALORIES



784 kcal

SOUP

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups half n half
- ☐ 1 sprigs hard cooked egg fresh freshly ground chopped
- ☐ 2 hard cooked 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

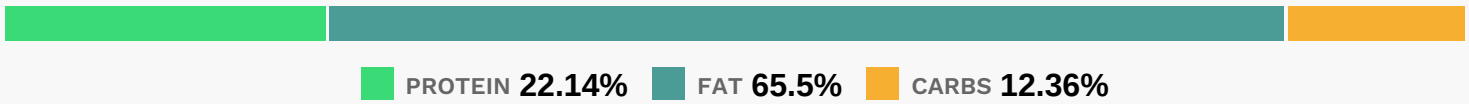
Equipment

- ☐ 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:0, Nutrition Score:33.699565089267%

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: 783.92kcal (39.2%), Fat: 57.07g (87.81%), Saturated Fat: 33.67g (210.45%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 23.64g (8.6%), Sugar: 14.59g (16.21%), Cholesterol: 342.68mg (114.23%), Sodium: 2064.6mg (89.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.4g (86.79%), Vitamin B12: 14.63µg (243.78%), Selenium: 79.55µg (113.64%), Copper: 1.46mg (73.03%), Phosphorus: 717.76mg (71.78%), Zinc: 10.74mg (71.57%), Vitamin B2: 0.93mg (54.84%), Calcium: 446.75mg (44.68%), Vitamin A: 1914.47IU (38.29%), Magnesium:

114.86mg (28.72%), Folate: 113.05µg (28.26%), Potassium: 847.61mg (24.22%), Vitamin B6: 0.45mg (22.55%),
Vitamin B5: 2.02mg (20.2%), Vitamin B1: 0.28mg (18.34%), Vitamin C: 14.75mg (17.88%), Vitamin B3: 2.72mg (13.6%),
Iron: 2.26mg (12.54%), Vitamin E: 1.66mg (11.04%), Manganese: 0.2mg (9.86%), Vitamin K: 6.68µg (6.36%), Vitamin
D: 0.74µg (4.94%), Fiber: 0.6g (2.39%)