



She Crab Soup

READY IN



45 min.

SERVINGS



2

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp cornstarch
- ☐ 0.3 tsp hot sauce
- ☐ 0.5 tsp kombu
- ☐ 0.3 tsp lemon zest
- ☐ 0.3 tsp mace (seasoning)
- ☐ 2.5 cups plant-based milk
- ☐ 1 dash old bay seasoning
- ☐ 1 tsp onion powder
- ☐ 2 cups oyster mushrooms coarsely chopped

- ☐ 3 tbsp cooking sherry
- ☐ 2 tbsp flour whole wheat white
- ☐ 0.8 tsp vegetarian worcestershire sauce

Equipment

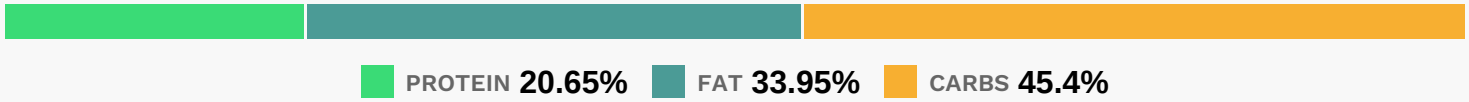
- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Coat a medium pot with a thin layer of water and add mushrooms. Cook over high heat until mushrooms are soft, turning brown and have released their juices. Set mushrooms aside.
- ☐ Add remaining ingredients to the pot and whisk until well combined. Bring to a boil over high heat. Once boiling, immediately reduce to medium and whisk as it thickens. Once it has slightly thickened, taste and adjust seasonings as needed and add salt to taste.
- ☐ Pour soup into two bowls and spoon cooked mushrooms in the center.
- ☐ Garnish with chopped fresh parsley and a light dash of paprika or Old Bay Seasoning.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 70g
 - ☐ Carbohydrate
 - ☐ 60gDietary Fiber1.60gSugars17.50gProtein13.60g

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:5.51, Inflammation Score:-6, Nutrition Score:17.417825880258%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.37kcal (13.92%), Fat: 10.29g (15.83%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 27.72g (10.08%), Sugar: 16.2g (18%), Cholesterol: 36.6mg (12.2%), Sodium: 181.9mg (7.91%), Alcohol: 2.32g (100%), Alcohol %: 0.68% (100%), Protein: 14.09g (28.18%), Vitamin B2: 0.73mg (43.19%), Phosphorus: 422.64mg (42.26%), Calcium: 404.64mg (40.46%), Vitamin B12: 1.65µg (27.45%), Vitamin D: 3.96µg (26.38%), Potassium: 883.33mg (25.24%), Vitamin B3: 4.66mg (23.32%), Vitamin B5: 2.28mg (22.84%), Vitamin B1: 0.29mg (19.25%), Vitamin B6: 0.31mg (15.45%), Magnesium: 59.43mg (14.86%), Zinc: 2.03mg (13.53%), Fiber: 3.26g (13.03%), Selenium: 8.39µg (11.99%), Copper: 0.23mg (11.68%), Vitamin A: 551.48IU (11.03%), Iron: 1.85mg (10.27%), Manganese: 0.19mg (9.52%), Folate: 37.67µg (9.42%), Vitamin K: 6.14µg (5.85%), Vitamin E: 0.28mg (1.89%), Vitamin C: 1.4mg (1.7%)