



She Crab Soup I

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces crab roe
- 1 pound crab meat flaked
- 0.5 cup cooking sherry dry
- 2 teaspoons flour all-purpose
- 0.1 teaspoon mace
- 0.1 teaspoon ground pepper white
- 1.5 tablespoons butter
- 1.5 teaspoons butter
- 2 cups milk

- 1 onion chopped
- 1 quart milk whole

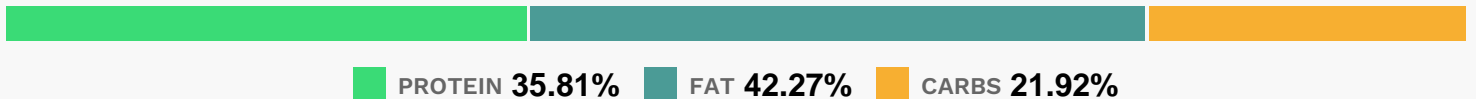
Equipment

- bowl
- frying pan
- pot
- broiler

Directions

- Using a saute pan melt 1 1/2 tablespoons butter, over low heat, and saute onions.
- Using a double broiler melt 1 1/2 tablespoons of butter.
- Add flour and stir until well blended.
- Combine sauteed onions and flour mixture into a large stock pot.
- Add 1 quart whole milk and stir constantly until soup is well blended.
- Add the crab meat and roe and stir well; add pepper and mace and cook slowly for 20 minutes.
- Add 1 pint of milk and stir.
- Remove from heat and add wine.
- Serve in soup bowls which have been heated and garnish with sour cream, parsley sprigs or a sprinkle of paprika.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:16.19913047293%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 203.66kcal (10.18%), Fat: 9g (13.84%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 10.24g (3.72%), Sugar: 9.35g (10.39%), Cholesterol: 46.82mg (15.61%), Sodium: 606.69mg (26.38%), Alcohol: 1.54g (100%), Alcohol %: 0.72% (100%), Protein: 17.15g (34.3%), Vitamin B12: 6.39µg (106.56%), Selenium: 25.59µg (36.56%), Phosphorus: 321.15mg (32.12%), Zinc: 4.37mg (29.1%), Copper: 0.56mg (28.25%), Calcium: 254.06mg (25.41%), Vitamin B2: 0.28mg (16.66%), Magnesium: 54.21mg (13.55%), Vitamin D: 1.97µg (13.15%), Potassium: 424.76mg (12.14%), Vitamin B6: 0.22mg (11.22%), Vitamin B1: 0.14mg (9.18%), Vitamin B5: 0.91mg (9.08%), Vitamin A: 432.87IU (8.66%), Folate: 30.25µg (7.56%), Vitamin C: 5.25mg (6.37%), Vitamin B3: 0.91mg (4.57%), Manganese: 0.07mg (3.44%), Iron: 0.46mg (2.54%), Vitamin E: 0.2mg (1.35%), Fiber: 0.26g (1.05%)