



## She Crab Soup I

READY IN



45 min.

SERVINGS



8

CALORIES



114 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 teaspoons butter
- 2 cups milk
- 1 onion chopped

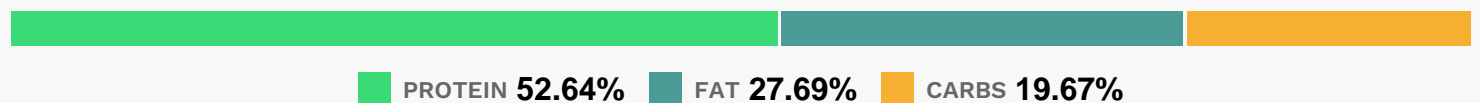
## Equipment

- 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:19.38, Glycemic Load:1.7, Inflammation Score:-4, Nutrition Score:12.520434895287%

## 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: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## **Nutrients (% of daily need)**

Calories: 113.81kcal (5.69%), Fat: 3.1g (4.77%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.69g (1.7%), Sugar: 3.66g (4.07%), Cholesterol: 32.62mg (10.87%), Sodium: 536.99mg (23.35%), Alcohol: 1.54g (100%), Alcohol %: 1.29% (100%), Protein: 13.25g (26.49%), Vitamin B12: 5.75µg (95.87%), Selenium: 23.34µg (33.35%), Copper: 0.56mg (28.19%), Zinc: 3.88mg (25.87%), Phosphorus: 201.07mg (20.11%), Calcium: 107.77mg (10.78%), Magnesium: 39.93mg (9.98%), Vitamin B6: 0.15mg (7.6%), Folate: 30.22µg (7.56%), Potassium: 246.22mg (7.03%), Vitamin B2: 0.12mg (7%), Vitamin C: 5.25mg (6.36%), Vitamin B1: 0.07mg (4.75%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.79mg (3.95%), Manganese: 0.06mg (3.2%), Vitamin A: 147.34IU (2.95%), Iron: 0.46mg (2.54%), Fiber: 0.26g (1.05%)