



Sheryl's Corn and Crab Chowder

READY IN



75 min.

SERVINGS



10

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon
- 1 teaspoon brandy
- 0.5 cup butter
- 0.3 teaspoon cayenne pepper
- 0.5 cup celery chopped
- 1.5 quarts chicken stock see
- 1 tablespoon ghee
- 1 tablespoon creole seasoning
- 1.5 teaspoons basil dried

- 0.3 cup cooking wine dry white
- 0.5 cup flour all-purpose
- 3 cups corn kernels fresh
- 1.5 teaspoons garlic minced
- 0.3 cup bell pepper green chopped
- 1 teaspoon ground pepper white
- 1 cup half-and-half cream
- 3 cups heavy cream
- 1 pound lump crab meat fresh
- 0.8 cup onion chopped
- 4 large potatoes diced peeled
- 1 pound shrimp deveined peeled
- 0.5 teaspoon thyme leaves dried
- 2 teaspoons worcestershire sauce

Equipment

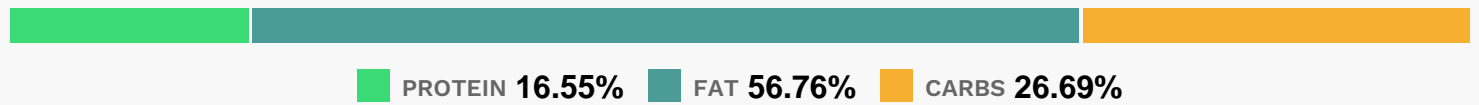
- frying pan
- sauce pan
- pot

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Remove the bacon, and reserve the grease. Allow the bacon to cool, then crumble, and set aside with the grease.
- Meanwhile, heat 1 tablespoon of clarified butter in a large pot over medium heat. Stir in the onion, green pepper, celery, and garlic. Cook and stir until the onion has softened and turned translucent, about 10 minutes.
- Pour in the white wine and brandy, and bring to a simmer. Season with the basil, white pepper, cayenne pepper, thyme, and Worcestershire sauce.

- Add the corn and potatoes, then pour in the chicken stock. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 10 minutes.
- While the soup is simmering, melt 1/2 cup of butter in a small saucepan over medium-low heat. Stir in the flour, and cook, stirring constantly, until the flour has turned the color of peanut butter to make a roux, about 10 minutes.
- Stir the roux into the soup, and pour in the heavy cream, half-and-half cream, reserved bacon and grease, and shrimp. Return to a simmer over medium-high heat, and cook until the shrimp are no longer translucent in the center, the potatoes are tender, and the soup has thickened, about 15 minutes. Season to taste with Creole seasoning, and stir in the crab meat to serve.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:22.73, Inflammation Score:-9, Nutrition Score:27.873043392016%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 733.14kcal (36.66%), Fat: 46.75g (71.92%), Saturated Fat: 27.11g (169.45%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 44.52g (16.19%), Sugar: 10.13g (11.26%), Cholesterol: 220.99mg (73.66%), Sodium: 852.46mg (37.06%), Alcohol: 0.79g (100%), Alcohol %: 0.17% (100%), Protein: 30.67g (61.35%), Vitamin B12: 4.32µg (71.95%), Vitamin C: 41.1mg (49.82%), Phosphorus: 457.72mg (45.77%), Copper: 0.9mg (44.97%), Selenium: 27.91µg (39.87%), Vitamin B6: 0.75mg (37.55%), Potassium: 1299.76mg (37.14%), Vitamin A: 1794.8IU (35.9%), Zinc: 4.66mg (31.05%), Vitamin B3: 6.08mg (30.4%), Magnesium: 109.4mg (27.35%), Vitamin B2: 0.45mg (26.7%), Vitamin B1: 0.37mg (24.6%), Folate: 90.05µg (22.51%), Manganese: 0.45mg (22.41%), Fiber: 4.92g (19.66%), Iron: 2.96mg (16.44%), Calcium: 162.87mg (16.29%), Vitamin B5: 1.3mg (12.98%), Vitamin K: 11.49µg (10.94%), Vitamin E: 1.33mg (8.87%), Vitamin D: 1.19µg (7.91%)