



South Carolina She-Crab Soup

READY IN



60 min.

SERVINGS



8

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 1 stalk celery grated
- ☐ 1 cup chicken broth
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 quarts half-and-half cream
- ☐ 1 pint heavy cream

- ☐ 1 pound lump crab meat
- ☐ 1 teaspoon pepper sauce hot
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup sherry wine
- ☐ 1 small onion white grated
- ☐ 2 teaspoons worcestershire sauce

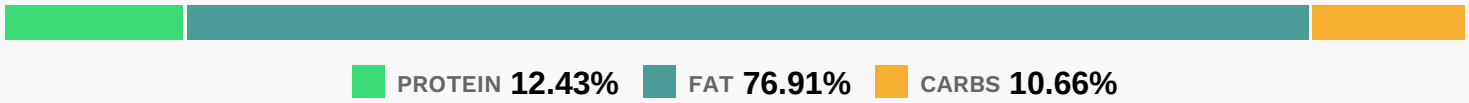
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Melt butter in a large stockpot over medium heat. Stir in flour to make a smooth paste, and cook for about 3 minutes, stirring constantly.
- ☐ Mix in the onion, celery, and garlic; season with salt and pepper. Continue to cook and stir for about 4 minutes.
- ☐ Gradually whisk in the half and half cream so that no lumps form. Stir in chicken broth and heavy cream. Bring to a simmer, and pour in half of the sherry. Season with dill, Worcestershire sauce and hot sauce. Cover, and simmer for about 30 minutes, until soup has reduced by 1/2
- ☐ Add crabmeat, and simmer for another 10 minutes.
- ☐ Ladle soup into bowls, and top off with a splash of the remaining sherry and a sprinkle of fresh chives.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:20.957391111747%

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 Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 659.32kcal (32.97%), Fat: 56.13g (86.36%), Saturated Fat: 34.8g (217.52%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 17.11g (6.22%), Sugar: 12.4g (13.78%), Cholesterol: 192.86mg (64.29%), Sodium: 1031.45mg (44.85%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 20.42g (40.84%), Vitamin B12: 5.67µg (94.46%), Selenium: 31.98µg (45.68%), Vitamin A: 2004.89IU (40.1%), Phosphorus: 400.61mg (40.06%), Vitamin B2: 0.65mg (38.23%), Calcium: 331.63mg (33.16%), Zinc: 4.56mg (30.38%), Copper: 0.57mg (28.72%), Potassium: 551.71mg (15.76%), Magnesium: 60.79mg (15.2%), Vitamin B6: 0.26mg (12.97%), Folate: 47.97µg (11.99%), Vitamin B5: 1.1mg (11.03%), Vitamin B1: 0.16mg (10.65%), Vitamin C: 8.58mg (10.4%), Vitamin E: 1.37mg (9.15%), Vitamin K: 8.79µg (8.37%), Vitamin B3: 1.33mg (6.65%), Vitamin D: 0.95µg (6.31%), Manganese: 0.12mg (5.98%), Iron: 0.94mg (5.2%), Fiber: 0.39g (1.57%)