



Spicy Cajun Crab and Greens Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 6 ounce baby spinach
- ☐ 3 teaspoons cajun spice
- ☐ 29 ounce tomatoes diced with caramelized onion, in juice canned
- ☐ 2.5 cups bottled clam juice
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 pound lump crab meat

☐ 0.3 cup vegetable oil

Equipment

☐ bowl

☐ sauce pan

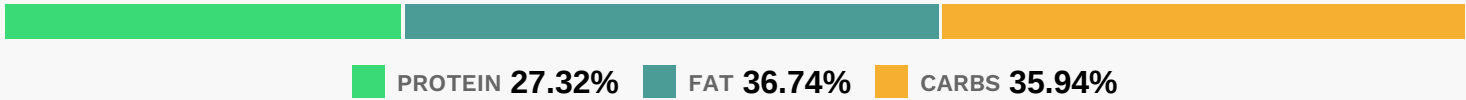
☐ ladle

☐ whisk

Directions

- ☐ Whisk oil and flour in heavy large saucepan over medium-high heat until smooth and golden brown, about 3 minutes.
- ☐ Add enough Cajun seasoning to season to taste and stir 30 seconds.
- ☐ Add clam juice and stir until smooth.
- ☐ Add tomatoes with juices. Reduce heat to medium-low and simmer 3 minutes.
- ☐ Add spinach, thyme, and garlic and simmer until spinach is just wilted, about 1 minute.
- ☐ Add crabmeat and simmer until heated through, stirring gently. Season to taste with salt and pepper. Ladle soup into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:29.722173815188%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 245.81kcal (12.29%), Fat: 10.24g (15.76%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 19.34g (7.03%), Sugar: 6.77g (7.52%), Cholesterol: 31.75mg (10.58%), Sodium: 1208.28mg (52.53%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Vitamin K: 158.43µg (150.89%), Vitamin B12: 6.83µg (113.89%), Vitamin A: 3587.12IU (71.74%), Copper: 0.89mg (44.3%), Selenium: 30.23µg (43.19%), Vitamin C: 34.83mg (42.22%), Zinc: 5.05mg (33.65%), Folate: 118.2µg (29.55%), Manganese: 0.52mg (25.88%), Phosphorus: 228.33mg (22.83%), Magnesium: 86.23mg (21.56%), Vitamin B6: 0.42mg (20.95%), Potassium: 702.34mg (20.07%), Iron: 3.56mg (19.79%), Vitamin E: 2.65mg (17.69%), Vitamin B3: 2.69mg (13.47%), Vitamin B2: 0.22mg (13.11%), Fiber: 3.21g (12.86%), Calcium: 126.63mg (12.66%), Vitamin B1: 0.18mg (12.22%), Vitamin B5: 0.59mg (5.87%)