



Sweet Corn Soup with Crab

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 rib celery diced
- ☐ 4.8 cups chicken broth
- ☐ 10 servings garnish: cilantro sprigs fresh
- ☐ 3 cups corn kernels fresh sweet (6 ears)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 jalapeno diced

- ☐ 1 pound lump crab meat fresh drained
- ☐ 1 medium onion diced
- ☐ 1 bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup salt pork diced
- ☐ 1 cup whipping cream
- ☐ 0.3 cup cornmeal white
- ☐ 2 corncobs
- ☐ 2 corncobs

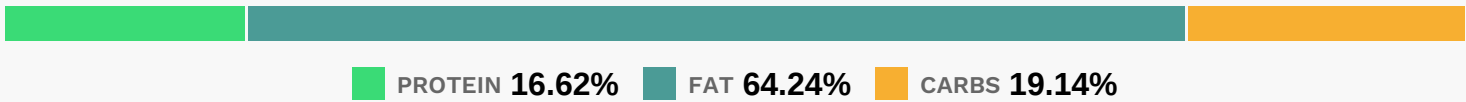
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Brown salt pork in a Dutch oven over medium heat; remove pork, and reserve for another use.
- ☐ Add butter to pork drippings in Dutch oven over medium heat; whisk in cornmeal, and cook, whisking constantly, 1 minute.
- ☐ Add celery and next 4 ingredients; saute 2 minutes.
- ☐ Add broth and corncobs. Bring to a boil; reduce heat, and simmer 30 minutes.
- ☐ Remove and discard corncobs. Stir in crabmeat and next 4 ingredients; cook until thoroughly heated.
- ☐ Garnish, if desired.
- ☐ Prep: 25 min., Cook: 45 min.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:14.326521655788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 292.05kcal (14.6%), Fat: 21.32g (32.8%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 12.5g (4.54%), Sugar: 4.99g (5.54%), Cholesterol: 57.92mg (19.31%), Sodium: 1254.66mg (54.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Vitamin B12: 4.18µg (69.64%), Vitamin C: 24.14mg (29.26%), Selenium: 18.67µg (26.67%), Copper: 0.48mg (24.21%), Zinc: 3.32mg (22.13%), Vitamin A: 967.02IU (19.34%), Phosphorus: 181.01mg (18.1%), Magnesium: 49.89mg (12.47%), Folate: 48.92µg (12.23%), Vitamin B1: 0.16mg (10.97%), Vitamin B2: 0.18mg (10.73%), Vitamin B6: 0.2mg (10.2%), Manganese: 0.2mg (9.91%), Vitamin B3: 1.98mg (9.89%), Potassium: 326.78mg (9.34%), Vitamin B5: 0.73mg (7.25%), Fiber: 1.79g (7.16%), Iron: 0.89mg (4.95%), Calcium: 48.02mg (4.8%), Vitamin E: 0.65mg (4.33%), Vitamin K: 3.4µg (3.24%), Vitamin D: 0.4µg (2.69%)