



Thai-Spiced Watermelon Soup with Crabmeat

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh finely chopped
- 1.5 tablespoons ginger fresh peeled finely chopped
- 1 tablespoon garlic finely chopped
- 1 lemon grass fresh
- 2 tablespoons juice of lime fresh to taste
- 4 servings lime wedges
- 2 cups lump crab meat picked over
- 1.5 tablespoons olive oil

- 0.3 teaspoon salt to taste
- 1 small to 2 chilies slit green hot finely chopped to taste (including seeds)
- 3 tablespoons shallots finely chopped
- 5 cups watermelon seeded coarsely chopped (from a 4-lb piece, rind discarded)

Equipment

- bowl
- sauce pan
- sieve
- blender

Directions

- Purée watermelon in a blender until smooth and transfer to a bowl. (Don't wash blender.)
- Discard 1 or 2 outer leaves of lemongrass and trim root end. Thinly slice lower 5 to 6 inches of stalk and then mince, discarding remainder.
- Cook lemongrass, shallot, ginger, and garlic in oil in a 2-quart heavy saucepan over moderately low heat, stirring, until aromatics are pale golden, about 5 minutes.
- Add about one third of watermelon purée and simmer over moderate heat, stirring, 5 minutes.
- Remove watermelon mixture from heat, then transfer to blender along with chile, lime juice, and salt and blend until smooth (use caution when blending hot liquids).
- Add remaining watermelon purée and blend briefly. Season soup with more chile, lime juice, and salt if desired, blending if necessary.
- Pour soup through a sieve into a bowl, pressing on and then discarding any solids. Chill soup, uncovered, about 2 hours if serving cold, or reheat in cleaned saucepan.
- Toss crabmeat with cilantro, oil, and salt.
- Divide crab among 4 soup plates, mounding in center, and pour chilled or hot soup around it.
- Soup can be made 1 day ahead and chilled. Cover after 2 hours of chilling. • Crabmeat can be picked over 1 day ahead and crab mixture can be prepared 1 hour before serving. Chill, covered.*Available at Asian markets and some supermarkets.

Nutrition Facts



■ PROTEIN 34.45% ■ FAT 27.84% ■ CARBS 37.71%

Properties

Glycemic Index:53.42, Glycemic Load:10.73, Inflammation Score:-8, Nutrition Score:18.582173803578%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 191.13kcal (9.56%), Fat: 6.09g (9.38%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 17.02g (6.19%), Sugar: 12.96g (14.4%), Cholesterol: 35.28mg (11.76%), Sodium: 889.34mg (38.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Vitamin B12: 7.56µg (126%), Selenium: 31.76µg (45.37%), Copper: 0.88mg (44.06%), Zinc: 5.29mg (35.27%), Vitamin C: 26.82mg (32.51%), Vitamin A: 1173.54IU (23.47%), Phosphorus: 216.29mg (21.63%), Magnesium: 65.04mg (16.26%), Vitamin B6: 0.27mg (13.61%), Potassium: 452.25mg (12.92%), Folate: 47.95µg (11.99%), Manganese: 0.23mg (11.72%), Vitamin B5: 0.77mg (7.71%), Vitamin B1: 0.11mg (7.44%), Iron: 1.25mg (6.97%), Vitamin B3: 1.35mg (6.74%), Vitamin K: 6.6µg (6.28%), Fiber: 1.55g (6.21%), Calcium: 61.76mg (6.18%), Vitamin E: 0.91mg (6.04%), Vitamin B2: 0.09mg (5.01%)