



Tomato-and-Crabmeat Cream Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 pint lump crab meat fresh drained
- ☐ 0.3 cup onion diced
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes diced
- ☐ 1 cup whipping cream

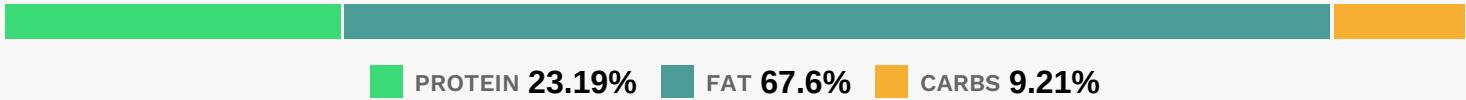
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a saucepan over medium heat; add onion, and saut 1 minute.
- ☐ Whisk in flour, and cook, stirring constantly, 1 to 2 minutes or until smooth. (Do not brown.) Gradually add chicken broth and cream, whisking until smooth. Stir in salt and ground red pepper. Bring to a boil; reduce heat, and simmer until thickened. Stir in crabmeat and tomatoes; cook just until thoroughly heated.
- ☐ *1 pound unpeeled large, fresh shrimp, cooked and peeled, may be substituted.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:17.039565221123%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 301.7kcal (15.08%), Fat: 22.87g (35.19%), Saturated Fat: 14.12g (88.27%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.63g (2.92%), Cholesterol: 98.01mg (32.67%), Sodium: 943.95mg (41.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.3%), Vitamin B12: 7.24µg (120.6%), Selenium: 31.31µg (44.73%), Copper: 0.79mg (39.73%), Zinc: 4.97mg (33.11%), Vitamin A: 1246.28IU (24.93%), Phosphorus: 231.97mg (23.2%), Vitamin C: 12mg (14.54%), Folate: 51.02µg (12.76%), Magnesium: 48.46mg (12.11%), Vitamin B3: 2.19mg (10.96%), Potassium: 365.86mg (10.45%), Vitamin B2: 0.16mg (9.35%), Vitamin B6: 0.18mg (9.24%), Calcium: 73.62mg (7.36%), Vitamin B1: 0.09mg (6.04%), Vitamin E: 0.86mg (5.71%), Manganese: 0.11mg (5.64%), Iron: 0.94mg (5.24%), Vitamin K: 5.33µg (5.08%), Vitamin B5: 0.45mg (4.49%), Vitamin D: 0.63µg (4.23%), Fiber: 0.75g (3.01%)