



Tomato, Fennel, and Crab Soup

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces crab meat fresh picked over
- ☐ 2 medium fennel bulb with fronds; bulbs cored, thinly sliced, fronds chopped and reserved
- ☐ 3 large garlic clove minced
- ☐ 0.3 cup olive oil
- ☐ 4 servings olive oil
- ☐ 3.5 cups onion chopped
- ☐ 4.5 inch bread whole wheat toasted
- ☐ 29 ounce tomatoes diced canned

☐ 2 cups vegetable stock ()

Equipment

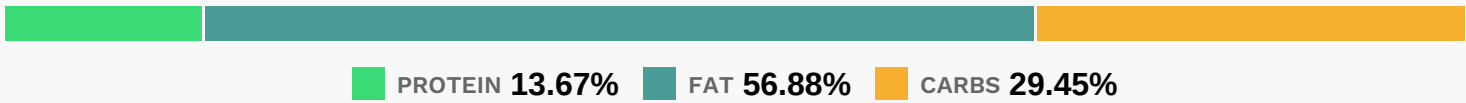
☐ bowl

☐ pot

Directions

- ☐ Heat 1/4 cup oil in heavy large pot over medium-high heat.
- ☐ Add onions, fennel slices, and garlic; sprinkle lightly with salt and pepper. Sauté until onions and fennel are tender, stirring often and adjusting heat to medium if browning too quickly, about 15 minutes.
- ☐ Add tomatoes with juice and 2 cups broth and bring to boil. Reduce heat, cover, and simmer until flavors blend and vegetables are very tender, about 15 minutes. Stir in crabmeat and add more broth by 1/4 cupfuls to thin soup, if desired; simmer just until heated through, 3 to 4 minutes. Season soup with salt and pepper.
- ☐ Divide soup among bowls.
- ☐ Sprinkle each with chopped fennel fronds.
- ☐ Drizzle each serving with oil.
- ☐ Serve with toasts.

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:6.72, Inflammation Score:-9, Nutrition Score:29.875217437744%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 29.76mg, Quercetin: 29.76mg, Quercetin: 29.76mg, Quercetin: 29.76mg

Nutrients (% of daily need)

Calories: 434.42kcal (21.72%), Fat: 28.59g (43.99%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 25.04g (9.1%), Sugar: 16.57g (18.41%), Cholesterol: 23.81mg (7.94%), Sodium: 1318.15mg (57.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Vitamin K: 96.81µg (92.2%), Vitamin B12: 5.1µg (85.05%), Vitamin C: 48.19mg (58.41%), Vitamin E: 6.08mg (40.54%), Copper: 0.81mg (40.48%), Potassium: 1207.29mg (34.49%), Manganese: 0.68mg (34.04%), Selenium: 23.42µg (33.46%), Fiber: 8.28g (33.12%), Vitamin B6: 0.57mg (28.51%), Zinc: 4.21mg (28.06%), Phosphorus: 271.82mg (27.18%), Folate: 100.85µg (25.21%), Magnesium: 87.04mg (21.76%), Iron: 3.74mg (20.79%), Calcium: 188.33mg (18.83%), Vitamin B3: 3.14mg (15.7%), Vitamin B1: 0.21mg (13.91%), Vitamin A: 664.23IU (13.28%), Vitamin B2: 0.22mg (12.93%), Vitamin B5: 0.92mg (9.18%)