

Crab Bisque II

Glacier Bay Country Inn - Gustavus, AK
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

2 cups celery, chopped
1 cup onion, chopped
1/2 cup butter
3 cups double strength chicken stock
4 cups milk
2 cups cream
1 teaspoon white pepper
1/2 teaspoon salt (optional)
3 tablespoons cornstarch
3 tablespoons water
1 1/2 pounds crabmeat, picked over
fresh chives OR paprika (for garnish)

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In a pot, saute' the celery and onion in the butter until tender. Add the chicken stock, milk, cream, white pepper and salt. Bring to a simmer.

In a bowl, mix the cornstarch and water. Add to the pot to thicken the soup. Return to a simmer for about 2 minutes.

Add the crabmeat and turn off the heat. The heat of the soup will warm the crab.

Garnish with fresh chives or shake paprika through a stencil onto the top of the soup for a pretty design.

Per Serving (excluding unknown items): 421 Calories; 31g Fat (66.9% calories from fat); 21g Protein; 14g Carbohydrate; 1g Dietary Fiber; 166mg Cholesterol; 476mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 6 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	421	Vitamin B6 (mg):	.2mg
% Calories from Fat:	66.9%	Vitamin B12 (mcg):	8.2mcg
% Calories from Carbohydrates:	12.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	20.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	31g	Folacin (mcg):	58mcg
Saturated Fat (g):	19g	Niacin (mg):	3mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	166mg	% Refused:	0.0%

Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	21g
Sodium (mg):	476mg
Potassium (mg):	655mg
Calcium (mg):	296mg
Iron (mg):	1mg
Zinc (mg):	4mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	1195IU
Vitamin A (r.e.):	298RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	421	Calories from Fat: 282
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% Daily Values*

Total Fat	31g	48%
Saturated Fat	19g	96%
Cholesterol	166mg	55%
Sodium	476mg	20%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	4%
Protein	21g	

Vitamin A	24%
Vitamin C	13%
Calcium	30%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.