

Crab Bisque

Blanche Archer

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 65

1 can (10-3/4 ounce) cream of mushroom soup
1 can (10-3/4 ounce) cream of asparagus soup
1 1/2 soup cans milk
1 cup light cream
1 cup frozen or canned crab meat, flaked and drained
1/4 cup dry white wine

In a large saucepan, combine the mushroom and asparagus soups. Add the milk and cream. Stir until well blended. Heat over medium heat to a gentle boil, stirring constantly.

Add the crab meat and heat through.

Remove from the heat and stir in the wine just before serving.

Per Serving (excluding unknown items): 14 Calories; 1g Fat (69.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	14
% Calories from Fat:	69.7%
% Calories from Carbohydrates:	19.9%
% Calories from Protein:	10.3%
Total Fat (g):	1g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	32mg
Potassium (mg):	17mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 38IU
Vitamin A (r.e.): 9 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 65

Amount Per Serving

Calories 14 Calories from Fat: 10

% Daily Values*

Total Fat	1g	2%
Saturated Fat	1g	3%
Cholesterol	3mg	1%
Sodium	32mg	1%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	1%
Vitamin C	0%
Calcium	1%
Iron	0%

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