

# Crab-and-Corn Bisque

Jean Hurley, Lafayette, LA  
*Southern Living - 1987 Annual Recipes*

## Yield: 11 cups

*1/2 cup celery, chopped*  
*1/2 cup green onion, chopped*  
*1/4 cup green pepper, chopped*  
*1/2 cup butter or margarine, melted*  
*2 cans (10-3/4 ounce ea) cream of potato soup, undiluted*  
*1 can (17 ounce) cream-style corn*  
*1 1/2 cups half-and-half*  
*1 1/2 cups milk*  
*2 bay leaves*  
*1 teaspoon dried whole thyme*  
*1/2 teaspoon garlic powder*  
*1/4 teaspoon white pepper*  
*dash hot sauce*  
*1 pound lump crabmeat*  
*chopped parsley (optional)*  
*lemon slices (optional)*

In a Dutch oven, saute' the celery, green onions and green pepper in butter.

Add the soup, corn, half-and-half, milk, bay leaves, thyme, garlic powder, pepper and hot sauce. Cook until thoroughly heated.

Gently stir in the crabmeat. Heat thoroughly. Discard the bay leaves.

Garnish with parsley and lemon slices, if desired.

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Per Serving (excluding unknown items): 1625 Calories; 114g Fat (62.9% calories from fat); 101g Protein; 51g Carbohydrate; 5g Dietary Fiber; 662mg Cholesterol; 4509mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 11 Vegetable; 1 1/2 Non-Fat Milk; 21 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	1625	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	62.9%	Vitamin B12 (mcg):	42.4mcg
% Calories from Carbohydrates:	12.4%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	24.6%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	114g	Folacin (mcg):	287mcg
Saturated Fat (g):	68g	Niacin (mg):	14mg

**Monounsaturated Fat (g):** 32g  
**Polyunsaturated Fat (g):** 7g  
**Cholesterol (mg):** 662mg  
**Carbohydrate (g):** 51g  
**Dietary Fiber (g):** 5g  
**Protein (g):** 101g  
**Sodium (mg):** 4509mg  
**Potassium (mg):** 2750mg  
**Calcium (mg):** 1001mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 19mg  
**Vitamin C (mg):** 65mg  
**Vitamin A (i.u.):** 5095IU  
**Vitamin A (r.e.):** 1122RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 11  
**Vegetable:** 11  
**Fruit:** 0  
**Non-Fat Milk:** 1 1/2  
**Fat:** 21 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1625 **Calories from Fat:** 1023

### % Daily Values\*

<b>Total Fat</b>	114g	176%
Saturated Fat	68g	342%
<b>Cholesterol</b>	662mg	221%
<b>Sodium</b>	4509mg	188%
<b>Total Carbohydrates</b>	51g	17%
Dietary Fiber	5g	19%
<b>Protein</b>	101g	
<b>Vitamin A</b>		102%
<b>Vitamin C</b>		108%
<b>Calcium</b>		100%
<b>Iron</b>		43%

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