

Crabmeat and Corn Chowder

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

- 1 cup flaked crabmeat, fresh, frozen or canned
- 2 1/2 cups fresh grated corn or canned cream-style corn
- 2 thin slices onion, minced or grated
- 2 1/2 cups milk, scalded
- 2 1/2 cups thin white sauce
- salt (to taste)
- pepper (to taste)
- grated nutmeg
- 2 egg yolks, slightly beaten
- 1 tablespoon butter
- WHITE SAUCE
- 3 1/2 tablespoons butter or margarine
- 3 tablespoons flour
- 2 1/2 cups milk

Place the corn, onion and milk in the top of a double boiler. Cook over hot water for 20 to 25 minutes. Force through a sieve or a food mill into a casserole (or about 20 seconds in a blender).

Make the white sauce: In a bowl, combine the butter, flour and milk. Season to taste with salt, pepper and nutmeg. Stir into the corn mixture in the casserole. Cover.

Bake in a 300 degree oven for 20 minutes or until heated almost to boiling.

Uncover. Stir in the crabmeat. Add a little of the soup to the egg yolks and stir them quickly into the soup. Heat for a few minutes. Add the one tablespoon of butter and serve at once.

Per Serving (excluding unknown items): 249 Calories; 17g Fat (61.5% calories from fat); 9g Protein; 16g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 191mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	249	Vitamin B6 (mg):	.1mg
% Calories from Fat:	61.5%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	25.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	17g	Folacin (mcg):	27mcg
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Saturated Fat (g): 10g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 122mg
Carbohydrate (g): 16g
Dietary Fiber (g): 1g
Protein (g): 9g
Sodium (mg): 191mg
Potassium (mg): 378mg
Calcium (mg): 261mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 689IU
Vitamin A (r.e.): 190RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 249 **Calories from Fat:** 153

% Daily Values*

Total Fat	17g	26%
Saturated Fat	10g	51%
Cholesterol	122mg	41%
Sodium	191mg	8%
Total Carbohydrates	16g	5%
Dietary Fiber	1g	3%
Protein	9g	
Vitamin A		14%
Vitamin C		7%
Calcium		26%
Iron		3%

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