

# Crabmeat Chowder Boston Style

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 4

*1/2 pound fresh, frozen or canned crabmeat*  
*1 can cream of mushroom soup*  
*1 can cream of celery soup*  
*1 1/2 cups milk*  
*1 cup cooked potatoes, diced quite small*  
*2 tablespoons onion, minced or grated*  
*1 cup cooked peas*  
*1 tablespoon lemon juice*  
*salt (to taste)*  
*pepper (to taste)*  
*2 tablespoons parsley, minced*

Preheat the oven to 325 degrees.

Flake the crabmeat carefully, being sure to remove all of the membranes, but keeping much of it in lumps.

In a heatproof tureen or large casserole, combine the crabmeat, both soups, milk, potatoes, onion, peas, lemon juice, salt and pepper. Cover, and heat in the oven for 20 to 25 minutes.

Stir well and sprinkle with parsley before serving.

(Or make in a heavy casserole on top of the stove, but stir occasionally to keep from lumping.)

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Per Serving (excluding unknown items): 148 Calories; 7g Fat (40.8% calories from fat); 6g Protein; 16g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 637mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	148	Vitamin B6 (mg):	.1mg
% Calories from Fat:	40.8%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	42.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	36mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	2g
<b>Cholesterol (mg):</b>	17mg
<b>Carbohydrate (g):</b>	16g
<b>Dietary Fiber (g):</b>	3g
<b>Protein (g):</b>	6g
<b>Sodium (mg):</b>	637mg
<b>Potassium (mg):</b>	325mg
<b>Calcium (mg):</b>	145mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	11mg
<b>Vitamin A (i.u.):</b>	529IU
<b>Vitamin A (r.e.):</b>	76 1/2RE

<b>Alcohol (kcal):</b>	0
<b>% Daily Value*</b>	0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	148	Calories from Fat: 60
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### % Daily Values\*

<b>Total Fat</b>	7g	10%
Saturated Fat	3g	14%
<b>Cholesterol</b>	17mg	6%
<b>Sodium</b>	637mg	27%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	3g	11%
<b>Protein</b>	6g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		19%
<b>Calcium</b>		15%
<b>Iron</b>		6%

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