

# Crab Chowder

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 6

*2 tablespoons butter*  
*3 leeks (whites only), minced*  
*3 cups chicken broth*  
*4 potatoes, peeled and sliced*  
*2 cups milk*  
*5 ounces canned crab meat*  
*2 ounces dry sherry*  
*1/2 ounce kirsch*  
*salt and pepper*  
*chives, chopped*

In a saucepan, melt the butter. Cook the leeks until tender. Add the broth and potatoes. Bring to a boil and cover. Over low heat, simmer for 20 minutes.

In a blender, puree the mixture. Return to the saucepan.

Fold in the milk, crab, sherry and kirsch. Reheat without boiling. Season with salt and pepper.

Sprinkle with chopped chives and serve.

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Per Serving (excluding unknown items): 178 Calories; 7g Fat (38.9% calories from fat); 7g Protein; 19g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 466mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	178
% Calories from Fat:	38.9%
% Calories from Carbohydrates:	45.0%
% Calories from Protein:	16.2%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	21mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
	7g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	17mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	11
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	1
	0
	1

**Protein (g):**  
**Sodium (mg):** 466mg  
**Potassium (mg):** 675mg  
**Calcium (mg):** 109mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 17mg  
**Vitamin A (i.u.):** 247IU  
**Vitamin A (r.e.):** 66 1/2RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 178 Calories from Fat: 69

### % Daily Values\*

<b>Total Fat</b>	7g	11%
Saturated Fat	4g	21%
<b>Cholesterol</b>	21mg	7%
<b>Sodium</b>	466mg	19%
<b>Total Carbohydrates</b>	19g	6%
Dietary Fiber	1g	5%
<b>Protein</b>	7g	

<b>Vitamin A</b>	5%
<b>Vitamin C</b>	28%
<b>Calcium</b>	11%
<b>Iron</b>	5%

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