

# Creamed Crab Soup

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 6

## Yield: 8 cups

2 cups fresh cooked, frozen or canned crabmeat  
3 tablespoons butter  
grated rind of one lemon  
1 tablespoon flour  
1 tablespoon Worcestershire sauce  
pinch mace (optional)  
2 hard-boiled eggs, chopped  
3 mushrooms, chopped  
3 stalks celery, chopped  
1 scallion or shallot, minced  
4 cups milk, scalded  
1 cup cream, scalded  
salt (to taste)  
pepper (to taste)  
1/2 cup dry sherry

Pick over the crabmeat.

In a bowl, mash two tablespoons of butter, the lemon rind, flour, Worcestershire sauce, mace and eggs to a paste. Mix with the crabmeat.

In a large casserole on top of the stove, heat the remaining one tablespoon of butter and lightly saute' the mushrooms, celery and scallion.

Stir in the scalded milk, cream and crabmeat mixture. Season to taste. Cover. Heat to just under boiling in a 300 degree oven - about 20 to 25 minutes. Stir two or three times while it is heating.

Add the sherry just before serving.

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Per Serving (excluding unknown items): 309 Calories; 23g Fat (71.1% calories from fat); 9g Protein; 12g Carbohydrate; trace Dietary Fiber; 143mg Cholesterol; 218mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	309	Vitamin B6 (mg):	.1mg
% Calories from Fat:	71.1%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	16.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	23g	Folacin (mcg):	24mcg
Saturated Fat (g):	14g	Niacin (mg):	1mg

**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 143mg  
**Carbohydrate (g):** 12g  
**Dietary Fiber (g):** trace  
**Protein (g):** 9g  
**Sodium (mg):** 218mg  
**Potassium (mg):** 438mg  
**Calcium (mg):** 253mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 920IU  
**Vitamin A (r.e.):** 239 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 23  
**% Refuse:** n n%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 309 **Calories from Fat:** 219

### % Daily Values\*

<b>Total Fat</b>	23g	35%
Saturated Fat	14g	69%
<b>Cholesterol</b>	143mg	48%
<b>Sodium</b>	218mg	9%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	trace	2%
<b>Protein</b>	9g	
<b>Vitamin A</b>		18%
<b>Vitamin C</b>		13%
<b>Calcium</b>		25%
<b>Iron</b>		4%

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