

# Edamame and Crab Soup

Publix GRAPE Magazine - Spring 2014

## Servings: 4

1 can (8 ounce) crabmeat, drained, flaked and cartilage removed  
 1/4 cup chopped celery  
 1 tablespoon fresh cilantro, chopped  
 1 teaspoon lime zest  
 1/2 cup frozen sweet edamame  
 2 avocados, halved and pitted  
 2 cups reduced-sodium chicken broth, chilled  
 2 tablespoons plain yogurt  
 1 tablespoon lime juice  
 1/4 teaspoon salt

In a small bowl, combine the crabmeat, celery, cilantro and lime zest. Cover and chill until ready to use.

Cook the edamame according to package directions. Drain and cool under cold running water. Transfer to a blender.

Add the avocados, broth, yogurt, lime juice and salt. Blend until smooth.

Transfer the mixture to four bowls. Top each bowl with the crabmeat mixture.

Serve immediately.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 198 Calories; 16g Fat (68.0% calories from fat); 8g Protein; 9g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 252mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	198	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	68.0%	<b>Vitamin B12 (mcg):</b>	3.1mcg
<b>% Calories from Carbohydrates:</b>	16.1%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	15.9%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	16g	<b>Folacin (mcg):</b>	80mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	27mg	<b>% Refuse:</b>	0%

Carbohydrate (g):	9g
Dietary Fiber (g):	3g
Protein (g):	8g
Sodium (mg):	252mg
Potassium (mg):	753mg
Calcium (mg):	55mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	653IU
Vitamin A (r.e.):	67 1/2RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

<b>Calories</b> 198	Calories from Fat: 135
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### % Daily Values\*

<b>Total Fat</b> 16g	25%
Saturated Fat 3g	13%
<b>Cholesterol</b> 27mg	9%
<b>Sodium</b> 252mg	11%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 3g	11%
<b>Protein</b> 8g	
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<b>Vitamin A</b>	13%
<b>Vitamin C</b>	19%
<b>Calcium</b>	6%
<b>Iron</b>	7%

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