

Spring Asparagus Soup with Fresh Crab

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-crab-meat-soup-recipe>

Ingredients:

- 1 pound fresh asparagus trimmed and cut into 1-inch pieces
- 1 yellow onion medium, roughly chopped
- 1 tablespoon unsalted butter
- 3 cups low sodium chicken stock
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper freshly
- 2 teaspoons heavy cream
- 1 cup crab meat fresh, picked through for shells

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 820 milligrams
9. Sugar: 3 grams

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