

Crab Bisque with Crab Meatballs - 1932

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	20.54 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	0.0 ea	3 lb 2.00 oz	0%	3 lb 2.00 oz	Hungry Planet Crab™	1. In a medium mixing bowl, combine Hungry Planet ground Crab, onions, parsley, lemon zests, Old Bay, , salt, and pepper. Once thoroughly mixed, make 16, .5 oz sized meatballs. Once formed, set aside and heat a large non-stick skillet over medium heat. Add 2 Tablespoons of oil into the skillet. When hot, add meatballs and brown on all sides. Cook meatballs until internal temperature reaches 165 degrees, about 4-6 minutes. Set aside until ready to use.
	6 1/4 tbsp	0 lb 0.70 oz	0%	0 lb 0.70 oz	Parsley, Italian, fresh, chopped	
	12 1/2 tsp	0 lb 0.88 oz	0%	0 lb 0.88 oz	Lemon zest	
	6 1/4 tbsp	0 lb 3.31 oz	0%	0 lb 3.31 oz	Seasoning, Cajun or Old Bay	
	6 1/4 tsp	0 lb 0.61 oz	0%	0 lb 0.61 oz	Salt, kosher, Diamond Crystal	
	6 1/4 tsp	0 lb 0.59 oz	0%	0 lb 0.59 oz	Spices, pepper, white	
	12 1/2 tbsp	0 lb 6.01 oz	0%	0 lb 6.01 oz	Vegetable oil	
2	12 1/2 tbsp	0 lb 5.95 oz	0%	0 lb 5.95 oz	Olive oil, extra virgin	2. In a medium sized stock pot, add 2 tablespoons of olive oil and heat on medium heat. Add onions, celery and fennel and cook for 5 minutes or until vegetables start to soften. After 5 minutes, add Hungry Planet Crab. Gently break up crab into small pieces with a spoon or spatula and cook until meat starts to brown slightly. Next, add thyme, garlic, tomato paste and cook an additional 1 minute. After 1 minute, add parsley, dulce, sherry, and soy milk. Cook for 15 minutes on medium heat, covered, stirring occasionally. After 15 minutes, mix the stock with the cornstarch and pour into soup base. Stir to combine, and add salt, pepper, and lemon juice and cook for an additional 3 minutes. Once done, remove from heat and season to taste. 3. To puree, take a hand blender, and place in bisque. Puree until smooth. *You can also use a regular blender. Just be sure to let the soup cool slightly, vent the top lid, and start blender on low to avoid splattering. You may need to return the bisque to the stock pot and reheat on low depending on how long you let your soup cool. To assemble, pour bisque into bowl, top with crab meatball and garnish with fresh fennel fronds, parsley or vegan sour cream.
	0.0 ea	3 lb 2.00 oz	0%	3 lb 2.00 oz	Hungry Planet Crab™	
	~ 1 1/2 qt	1 lb 11.81 oz	0%	1 lb 11.81 oz	Onion, diced	
	~ 1 1/2 pt	0 lb 11.13 oz	0%	0 lb 11.13 oz	Celery, diced	
	1.9 ea	0 lb 15.48 oz	0%	0 lb 15.48 oz	Fennel, bulb, raw	
	~ 1/3 cup	0 lb 1.98 oz	0%	0 lb 1.98 oz	Garlic, raw, chopped	
	12 1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Thyme, fresh, chopped	
	6 1/4 tbsp	0 lb 3.61 oz	0%	0 lb 3.61 oz	Tomato paste	
	~ 1 1/2 qt	3 lb 2.00 oz	0%	3 lb 2.00 oz	Tomato sauce	
	6 1/4 tbsp	0 lb 0.70 oz	0%	0 lb 0.70 oz	Parsley, Italian, fresh, chopped	
		0 lb 1.56 oz	0%	0 lb 1.56 oz	Seaweed, kelp, raw	
	~ 1 1/2 cup	0 lb 12.96 oz	0%	0 lb 12.96 oz	Alcoholic beverage, wine, cooking, Sherry	
	1.563 gal	13 lb 6.29 oz	0%	13 lb 6.29 oz	Soymilk, original, unfortified	
	~ 1 5/8 qt	3 lb 0.72 oz	0%	3 lb 0.72 oz	Vegetable broth	
	9 1/3 tbsp	0 lb 2.65 oz	0%	0 lb 2.65 oz	Cornstarch	
	12 1/2 tsp	0 lb 1.22 oz	0%	0 lb 1.22 oz	Salt, kosher, Diamond Crystal	
	6 1/4 tsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, black pepper, ground	
12 1/2 tsp	0 lb 2.16 oz	0%	0 lb 2.16 oz	Lemon juice, raw		
0.1 ea	0 lb 0.63 oz	0%	0 lb 0.63 oz	Fennel, fronds, tips only		

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	32 lb 1.50 oz	0 %	32 lb 1.50 oz	0 %	32 lb 1.50 oz
Size of portion	20.54 oz		20.54 oz		20.54 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals		RDI	Vitamins		RDI
Total fat	3.90 g	5 %	43.18 %	79.82 kcal	4 %	Salt	0.73 g				
Saturated	0.45 g	2 %	4.93 %	333.96 kJ		Salt	0.73 %		Vitamin A	5.53 µg	1 %
Monounsaturated	1.76 g		19.55 %			Sodium	291.67 mg	13 %	Vitamin D	0.00 µg	0 %
Polyunsaturated	0.88 g		9.70 %			Phosphorus	30.01 mg	2 %	Thiamine	0.03 mg	2 %
Trans fatty acids	0.00 g		0.05 %			Potassium	173.94 mg	4 %	Riboflavin	0.04 mg	3 %
Cholesterol	0.00 mg	0 %				Iron	0.86 mg	5 %	Niacin	0.37 mg	2 %
Linolenic acid	0.60 g		6.64 %			Calcium	28.25 mg	2 %	Vitamin B6	0.06 mg	4 %
Alpha-linolenic acid	107.08 mg		1.19 %			Zinc	0.11 mg	1 %	Vitamin B12	0.00 µg	0 %
Total Carbohydrate	6.49 g	2 %	33.02 %			Magnesium	14.57 mg	3 %	Folate	0.00 µg	0 %
Sugars total	2.57 g	5 %				Iodine	0.00 µg	0 %	Vitamin C	2.52 mg	3 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	2.21 µg	4 %	Vitamin E	0.60 mg	4 %
Lactose	0.00 g					Copper	0.08 mg	9 %	Vitamin K	10.56 µg	9 %
Fiber	1.51 g	5 %	3.63 %								
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %						Others		
Starch	0.00 g		0.00 %						Water		68.85 g
Protein	5.00 g	10 %	25.43 %								
Alcohol	0.08 g		0.72 %								

CO2



0.04 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.