



Asian Fried Crab Balls

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings savory broth
- 1 pound crab meat fresh
- 6 servings daikon radish cut into thin strips
- 1 large eggs
- 6 servings enoki mushrooms
- 1 tablespoon ginger fresh grated
- 1 large garlic clove pressed
- 2 green onions minced

- 6 servings nori strips toasted
- 6 servings radish sprouts
- 0.3 cup sesame seed
- 2 tablespoons soya sauce dark
- 6 servings vegetable oil

Equipment

- food processor
- bowl
- paper towels
- ladle
- oven
- wax paper

Directions

- Process first 5 ingredients in a food processor 2 minutes or until very smooth, stopping to scrape down sides.
- Transfer crab paste to a bowl, and stir in green onions. Cover and chill 1 hour.
- Form the paste into 1/2-inch balls, squeezing tightly; roll balls in sesame seeds.
- Place on a wax paper-covered plate in the refrigerator until ready to fry.
- Heat vegetable oil to 375 and heat oven to 20
- Fry crab balls, in batches (making sure oil doesn't fall below 350), for 2 minutes or until lightly browned.
- Drain on paper towels, and place in oven while frying the other balls.
- Place a small mound of daikon radish, enoki mushrooms, and radish sprouts on one side of 6 small, warmed bowls. Arrange 3 or 4 balls in a pyramid in the bowls. Carefully ladle 2 tablespoons Savory Broth around the balls; top with nori.
- Serve immediately.

Nutrition Facts



■ PROTEIN 26.35% ■ FAT 64.69% ■ CARBS 8.96%

Properties

Glycemic Index:34, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:18.449565291405%

Flavonoids

Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 254.63kcal (12.73%), Fat: 18.41g (28.32%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.77g (1.73%), Sugar: 2.3g (2.55%), Cholesterol: 62.75mg (20.92%), Sodium: 1921.34mg (83.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.74%), Vitamin B12: 6.88µg (114.63%), Copper: 0.98mg (48.99%), Selenium: 32.42µg (46.31%), Zinc: 5.17mg (34.44%), Vitamin K: 34.1µg (32.48%), Phosphorus: 234.81mg (23.48%), Magnesium: 64.59mg (16.15%), Vitamin A: 660.11IU (13.2%), Folate: 50.2µg (12.55%), Manganese: 0.24mg (12.18%), Calcium: 107.03mg (10.7%), Vitamin B6: 0.21mg (10.27%), Iron: 1.76mg (9.8%), Vitamin C: 7.16mg (8.68%), Vitamin E: 1.28mg (8.56%), Vitamin B3: 1.51mg (7.53%), Potassium: 235.86mg (6.74%), Vitamin B1: 0.1mg (6.45%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.45mg (4.54%), Fiber: 0.97g (3.88%), Vitamin D: 0.17µg (1.12%)