



Bart's Crab Cake

READY IN



25 min.

SERVINGS



25

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 4 oz philadelphia cream cheese softened ()
- 2 tsp grey poupon dijon mustard
- 2 eggs
- 1 Tbsp juice of lime
- 1 lb lump crab meat flaked drained
- 0.8 cup real mayo mayonnaise divided kraft
- 1 Tbsp oil
- 1 small onion finely chopped

- 1 small and pepper green red yellow finely chopped
- 30 saltines crushed

Equipment

- bowl
- frying pan

Directions

- Mix cream cheese, 1/4 cup mayo, eggs and lime juice in medium bowl until blended.
- Add crabmeat, cracker crumbs, peppers and onions; mix well. Shape into 16 patties.
- Cook butter and oil in large skillet on medium heat until butter is melted.
- Add crab patties; cook 4 to 5 min. on each side or until firm and golden brown on both sides.
- Mix mustard and remaining mayo until blended.
- Serve with crab cakes.

Nutrition Facts

PROTEIN 16.88% **FAT 70.63%** **CARBS 12.49%**

Properties

Glycemic Index:8.72, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:4.8034782824309%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 107.53kcal (5.38%), Fat: 8.38g (12.89%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.4g (0.45%), Cholesterol: 29.34mg (9.78%), Sodium: 255.65mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin B12: 1.69µg (28.11%), Selenium: 8.76µg (12.51%), Vitamin K: 12.5µg (11.9%), Copper: 0.18mg (8.95%), Zinc: 1.19mg (7.94%), Phosphorus: 58.17mg (5.82%), Folate: 15.85µg (3.96%), Vitamin B2: 0.05mg (3.21%), Vitamin E: 0.45mg (3.02%), Magnesium: 11.22mg (2.8%), Vitamin B1: 0.04mg (2.56%), Manganese: 0.05mg (2.45%), Iron: 0.41mg (2.25%), Vitamin B3: 0.45mg (2.23%),

Vitamin B6: 0.04mg (2.17%), Vitamin A: 103.74IU (2.07%), Vitamin C: 1.66mg (2.01%), Vitamin B5: 0.18mg (1.79%),
Potassium: 60.73mg (1.74%), Calcium: 17.23mg (1.72%)