



Big Game Week: Grilled Crab Cakes with Old Bay Aioli

 Dairy Free  Popular

READY IN



28 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons old bay aioli (see recipe)
- ☐ 1 fillet anchovy minced
- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 2 slices bread
- ☐ 1 lb crab meat
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 eggs beaten

- ☐ 1 large egg yolk
- ☐ 12 servings parsley fresh for garnish
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons juice of lemon freshly squeezed
- ☐ 1.5 teaspoons old bay seasoning
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons parsley flakes
- ☐ 0.8 cup vegetable oil

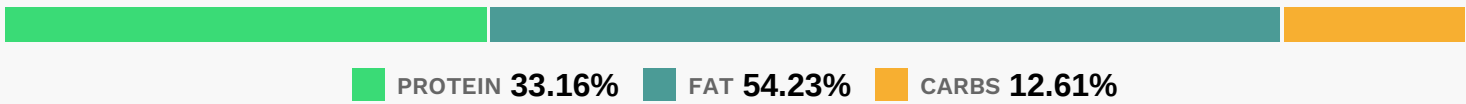
Equipment

- ☐ bowl
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Roll up a kitchen towel and wrap it around the base of a medium-size bowl to keep it stable.
- ☐ Whisk together the egg yolk, vinegar, lemon juice, garlic, and anchovy until well combined. Start adding the vegetable oil a few drops of at a time while whisking vigorously. Continue whisking while gradually pouring in the remaining vegetable oil in a thin, thread-like stream. The mixture will slowly turn an opaque golden yellow. As you add more oil, the dressing will become thicker and creamy and take on a paler yellow color.
- ☐ Whisk in the olive oil, also in a thin stream.
- ☐ Whisk in the Old Bay seasoning. Cover the bowl and refrigerate the aioli until you're ready to use it, up to 4 days.

Nutrition Facts



Properties

Glycemic Index:16.06, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:11.74260888929%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 9.37mg, Apigenin: 9.37mg, Apigenin: 9.37mg, Apigenin: 9.37mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 103.1kcal (5.15%), Fat: 6.06g (9.33%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.36g (0.4%), Cholesterol: 45.79mg (15.26%), Sodium: 370.86mg (16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin K: 73.81µg (70.3%), Vitamin B12: 3.46µg (57.74%), Selenium: 17.28µg (24.68%), Copper: 0.37mg (18.46%), Zinc: 2.44mg (16.26%), Phosphorus: 105.69mg (10.57%), Vitamin C: 8.35mg (10.12%), Vitamin A: 393.63IU (7.87%), Folate: 31.02µg (7.76%), Magnesium: 23.94mg (5.99%), Manganese: 0.1mg (5.14%), Iron: 0.86mg (4.78%), Vitamin B6: 0.08mg (4.21%), Vitamin B3: 0.79mg (3.96%), Calcium: 36.47mg (3.65%), Vitamin B2: 0.06mg (3.44%), Vitamin E: 0.51mg (3.42%), Potassium: 118.32mg (3.38%), Vitamin B1: 0.04mg (2.98%), Vitamin B5: 0.29mg (2.9%), Fiber: 0.37g (1.47%)