



Bite-size Wasabi Crab Cakes

 Dairy Free

READY IN



24 min.

SERVINGS



12

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings garlic aioli
- ☐ 4 tablespoons canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 teaspoon lemon zest
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.3 cup mayonnaise

- ☐ 1.5 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 2 teaspoons seasoned rice vinegar
- ☐ 0.3 cup shallots minced
- ☐ 1 teaspoon soya sauce
- ☐ 1.5 tablespoons wasabi paste

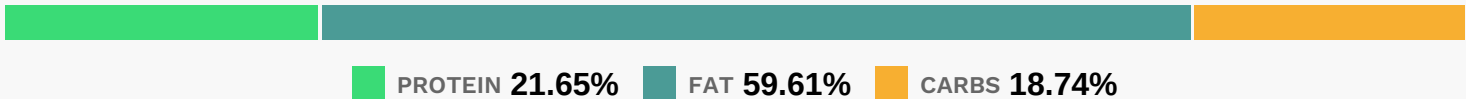
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients in a bowl. Gently fold crabmeat into mayonnaise mixture. Cover and chill 30 minutes or several hours.
- ☐ Stir egg and 1/3 cup panko into crabmeat mixture. Shape mixture into 20 (1 1/2-inch) patties. Dredge in remaining panko.
- ☐ Cook crab cakes, in batches, in hot oil in a large nonstick skillet over medium-high heat 2 minutes on each side or until golden.
- ☐ Serve with Ginger Aoli.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:9.6873911308206%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 166.51kcal (8.33%), Fat: 10.8g (16.62%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.87g (2.5%), Sugar: 1.02g (1.13%), Cholesterol: 34.67mg (11.56%), Sodium: 473.32mg (20.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Vitamin B12: 3.47µg (57.85%), Selenium: 17.13µg (24.47%), Copper: 0.38mg (19.16%), Vitamin K: 20.11µg (19.15%), Zinc: 2.49mg (16.58%), Phosphorus: 111.12mg (11.11%), Folate: 31.72µg (7.93%), Vitamin E: 1.05mg (6.97%), Vitamin B1: 0.1mg (6.61%), Magnesium: 25.71mg (6.43%), Vitamin C: 4.93mg (5.98%), Manganese: 0.12mg (5.75%), Vitamin B6: 0.1mg (4.97%), Vitamin B3: 0.98mg (4.91%), Iron: 0.82mg (4.56%), Vitamin B2: 0.07mg (4.34%), Calcium: 41.39mg (4.14%), Potassium: 138.81mg (3.97%), Fiber: 0.77g (3.07%), Vitamin B5: 0.27mg (2.7%), Vitamin A: 77.09IU (1.54%)