



## Black and Blue Crab Cakes

READY IN



45 min.

SERVINGS



5

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon blackened seasoning
- 5 servings reddened butter sauce
- 6 tablespoons ghee
- 2 tablespoons dijon mustard
- 0.3 cup breadcrumbs dry fine
- 1 tablespoon parsley fresh chopped
- 0.3 teaspoon hot sauce
- 2 tablespoons juice of lemon fresh
- 1 pound lump crab meat fresh drained

- 0.3 cup mayonnaise
- 1.5 teaspoons old bay seasoning
- 2 tablespoons cup heavy whipping cream sour
- 0.3 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan

## Directions

- Sprinkle breadcrumbs over crabmeat in a medium bowl.
- Stir together mayonnaise and next 7 ingredients in a small bowl; pour over crabmeat mixture, and toss gently. Shape mixture into 5 (3-inch) patties. (
- Mixture will be very soft.) Cover and chill at least 1 1/2 hours.
- Brush crab cakes with 2 tablespoons clarified butter.
- Sprinkle evenly with Blackening Spice. Cook crab cakes in 1/4 cup clarified butter in a hot cast-iron skillet over medium-high heat 2 to 3 minutes on each side.
- Serve with Reddened Butter Sauce.
- Note: To make clarified butter, melt 1/2 cup butter over low heat. (Fat rises to the top, and milk solids sink to the bottom.) Skim off white froth that appears on top; strain off clear, yellow butter, keeping back the sediment.

## Nutrition Facts

■ PROTEIN 17.57% ■ FAT 77.13% ■ CARBS 5.3%

## Properties

Glycemic Index:32.8, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:17.700434693176%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 409.48kcal (20.47%), Fat: 35.16g (54.1%), Saturated Fat: 16.13g (100.81%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.88g (0.98%), Cholesterol: 104.04mg (34.68%), Sodium: 1215.74mg (52.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.05%), Vitamin B12: 8.22µg (137%), Selenium: 37.04µg (52.92%), Copper: 0.87mg (43.31%), Vitamin K: 43.17µg (41.11%), Zinc: 5.59mg (37.26%), Phosphorus: 224.22mg (22.42%), Magnesium: 52.54mg (13.13%), Folate: 50.58µg (12.64%), Vitamin C: 10.06mg (12.2%), Vitamin B6: 0.16mg (8.09%), Manganese: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.28%), Vitamin B3: 1.43mg (7.16%), Calcium: 70.41mg (7.04%), Iron: 1.21mg (6.72%), Potassium: 232.24mg (6.64%), Vitamin A: 274.7IU (5.49%), Vitamin B2: 0.08mg (4.75%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.42mg (4.24%), Fiber: 0.61g (2.46%)