

food
network



HEALTH SCORE

65%

Blue Crab and Salmon Griddle Cake with Smoked Salmon and Roasted Serrano Chile Buttermilk Sauce



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



842 kcal

Ingredients

- ☐ 1 bay leaf
- ☐ 4 peppercorns black
- ☐ 0.5 cup bread crumbs dried
- ☐ 0.5 cup buttermilk
- ☐ 4 servings canola oil for cooking
- ☐ 2 tablespoons dijon mustard
- ☐ 2 egg whites beaten

- ☐ 3 cloves garlic
- ☐ 4 cloves garlic finely chopped
- ☐ 1 tablespoon horseradish prepared drained
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon juice of lime
- ☐ 8 ounces lump crab meat flaked
- ☐ 2 tablespoons mayonnaise prepared
- ☐ 0.3 cup parsley finely chopped
- ☐ 4 parsley sprigs
- ☐ 0.5 cup onions red finely chopped
- ☐ 1 fillet salmon
- ☐ 4 servings poached salmon flaked (recipe above)
- ☐ 4 servings garnish: salmon smoked
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 serrano peppers peeled finely chopped
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 4 servings water

Equipment

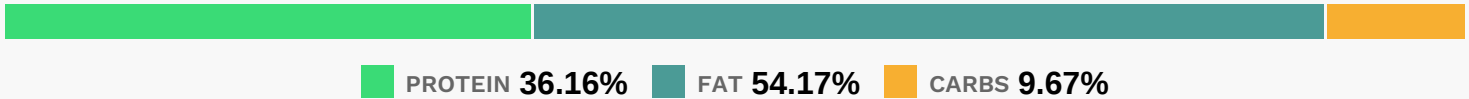
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a small bowl, season with salt and pepper and refrigerate at least 30 minutes.
- ☐ Place salmon in a small saucepan. Cover with water and add the remaining ingredients. Bring to a simmer and cook for 8 to 10 minutes, until just cooked through.

- ☐ Let cool and flake with a fork.
- ☐ Place flaked salmon and crab in a medium bowl.
- ☐ Add mayonnaise, mustard, horseradish, red onions, garlic and mix until combined. Fold in egg whites then remaining ingredients and season with salt and pepper
- ☐ Heat 2 tablespoons of canola oil in a large saute pan.
- ☐ Add 1/4 cup of batter for each cake and flatten slightly.
- ☐ Saute on each side for 2 to 3 minutes or until golden brown. Top each pancake with a few slices of smoked salmon and drizzle with Roasted Garlic–Buttermilk Sauce.
- ☐ Garnish with chives and cilantro and finely chopped red pepper.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:52.639564762945%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 842.37kcal (42.12%), Fat: 50.02g (76.96%), Saturated Fat: 11.36g (71.03%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 18.24g (6.63%), Sugar: 6.22g (6.91%), Cholesterol: 200.4mg (66.8%), Sodium: 1953.92mg (84.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.12g (150.23%), Vitamin B12: 14.96µg (249.32%), Selenium: 139.08µg (198.69%), Vitamin B3: 22.57mg (112.86%), Vitamin B6: 2.24mg (111.77%), Vitamin D: 14.94µg (99.59%), Vitamin K: 102.09µg (97.23%), Phosphorus: 812.43mg (81.24%), Vitamin B2: 1.21mg (71.42%), Copper: 1.39mg (69.56%), Vitamin B5: 5.02mg (50.24%), Vitamin B1: 0.73mg (48.35%), Potassium: 1594.06mg (45.54%), Zinc: 5.78mg (38.53%), Magnesium: 135.49mg (33.87%), Folate: 117.33µg (29.33%), Vitamin E: 4.19mg (27.96%), Vitamin C: 21.72mg (26.33%), Iron: 4.11mg (22.82%), Calcium: 216.82mg (21.68%), Vitamin A: 1024IU (20.48%), Manganese: 0.38mg (19.13%), Fiber: 1.85g (7.41%)