



Blue Crab Cakes with Fresh Basil Aioli

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings basil fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter divided
- ☐ 6 servings avocado
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 large eggs
- ☐ 1 cup seasoned bread crumbs
- ☐ 1 pound lump crab meat drained
- ☐ 0.3 cup mayonnaise

- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce

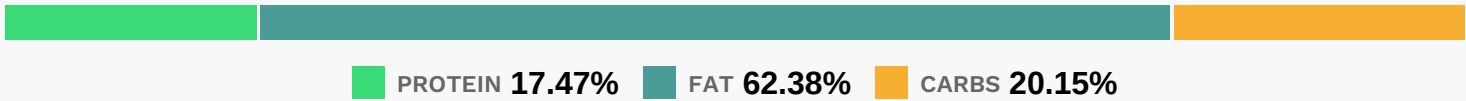
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine breadcrumbs and next 7 ingredients in a large bowl. Fold in crab. Shape into 6 (3-inch) cakes. Melt 2 tablespoons butter in a large skillet over medium heat.
- ☐ Add half of crab cakes, and saut 3 minutes on each side or until golden brown. Repeat with remaining butter and crab cakes.
- ☐ Serve with Fresh Basil Aoli and Corn, Tomato, and Avocado Salsa.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:27.197391313055%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 448.35kcal (22.42%), Fat: 31.88g (49.04%), Saturated Fat: 8.71g (54.42%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 15.25g (5.55%), Sugar: 2.16g (2.4%), Cholesterol: 87.21mg (29.07%), Sodium: 1258.3mg (54.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.17%), Vitamin B12: 6.98µg (116.26%), Vitamin K: 54.98µg (52.36%), Selenium: 36.46µg (52.09%), Copper: 0.96mg (48.11%), Zinc: 5.61mg (37.41%), Folate: 144.98µg (36.25%), Fiber: 7.91g (31.64%), Phosphorus: 280.08mg (28.01%), Vitamin B6: 0.43mg (21.59%), Manganese: 0.43mg (21.32%), Potassium: 735.27mg (21.01%), Vitamin B1: 0.3mg (20.17%), Magnesium: 80.18mg (20.05%), Vitamin C: 16.48mg (19.97%), Vitamin B5: 1.95mg (19.5%), Vitamin B3: 3.9mg (19.49%), Vitamin E: 2.87mg (19.12%), Vitamin B2: 0.3mg (17.53%), Vitamin A: 762.45IU (15.25%), Iron: 2.44mg (13.53%), Calcium: 99.05mg (9.9%), Vitamin

D: 0.19μg (1.24%)