



Broiled Crab Cakes with Chive and Caper Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 small basil
- ☐ 3 cups bread fresh french crustless
- ☐ 0.5 cup celery finely chopped
- ☐ 40 servings chives
- ☐ 1 pound crab meat picked over
- ☐ 2 teaspoons dijon mustard
- ☐ 2 large egg yolk beaten to blend

- ☐ 0.3 cup basil fresh minced
- ☐ 0.5 cup spring onion minced
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon old bay seasoning
- ☐ 0.3 cup vegetable oil

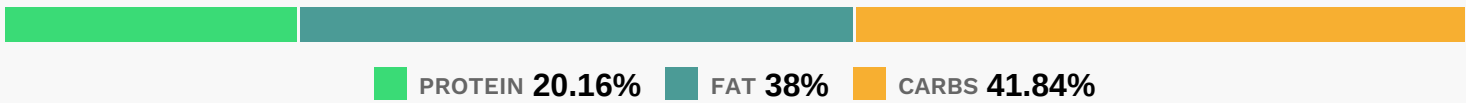
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Mix first 7 ingredients in medium bowl.
- ☐ Add crabmeat; toss. Fold in 1 cup breadcrumbs. Season with pepper.
- ☐ Mix in yolks.
- ☐ Place 2 cups breadcrumbs on plate. Using 1 tablespoon crab mixture for each, form 1-inch-diameter patties. Coat each crab cake with breadcrumbs. Cover; chill at least 1 hour. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Position rack 6 inches below broiler and preheat broiler.
- ☐ Brush 2 baking sheets with oil. Arrange crab cakes on baking sheets, spacing evenly. Broil until golden brown and cooked through, about 3 minutes per side. (Can be cooked 30 minutes before serving. Keep warm in 300°F. oven.)
- ☐ Transfer crab cakes to platter. Top each with dollop of sauce and basil sprig.

Nutrition Facts



Properties

Glycemic Index:9.74, Glycemic Load:4.57, Inflammation Score:-2, Nutrition Score:5.3465217222338%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 84.02kcal (4.2%), Fat: 3.54g (5.45%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.95g (2.89%), Sugar: 1.11g (1.24%), Cholesterol: 14.53mg (4.84%), Sodium: 192.07mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin B12: 1.04µg (17.31%), Selenium: 9.86µg (14.09%), Vitamin K: 13.84µg (13.18%), Manganese: 0.24mg (11.87%), Copper: 0.14mg (6.9%), Folate: 24.32µg (6.08%), Zinc: 0.9mg (6.02%), Vitamin B3: 1.14mg (5.72%), Vitamin B1: 0.08mg (5.48%), Phosphorus: 53.47mg (5.35%), Iron: 0.83mg (4.59%), Magnesium: 14.42mg (3.61%), Vitamin B2: 0.06mg (3.42%), Calcium: 33.09mg (3.31%), Fiber: 0.82g (3.28%), Vitamin C: 1.99mg (2.41%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.22mg (2.23%), Vitamin A: 109.76IU (2.2%), Potassium: 62.25mg (1.78%), Vitamin E: 0.23mg (1.55%)