



Cajun Crab and Quinoa Cakes

 Gluten Free

READY IN



54 min.

SERVINGS



4

CALORIES



312 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup celery finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large egg white
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 ounces lump crab meat drained

- ☐ 0.3 cup canola mayonnaise
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup quinoa uncooked
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 cup toppings: such as pickles sweet chopped
- ☐ 1 thyme sprig
- ☐ 4 cups water

Equipment

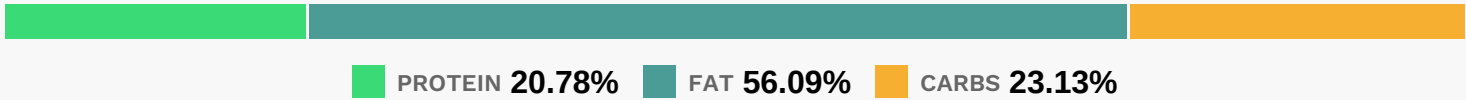
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Combine first 3 ingredients in a saucepan; bring to a boil. Reduce heat; simmer 30 minutes or until mushy. Discard thyme.
- ☐ Drain, pressing to remove excess water. Cool slightly.
- ☐ Combine black pepper, paprika, and red pepper.
- ☐ Combine yogurt, mayonnaise, pickles, and mustard.
- ☐ Place crab in a medium bowl; mash slightly.
- ☐ Add quinoa, 1/2 teaspoon spice mixture, half of yogurt mixture, bell pepper, and next 4 ingredients (through egg white); stir gently. Divide mixture into 8 equal portions; gently pat into a 3-inch-wide patty.
- ☐ Place on a parchment-lined plate. Refrigerate 20 minutes.
- ☐ Preheat broiler to high.
- ☐ Brush a jelly-roll pan with 1 tablespoon oil. Arrange chilled cakes on pan; brush tops with remaining 1 tablespoon oil.

- ☐
- Sprinkle with half of remaining pepper mixture. Broil 5 minutes or until browned. Turn cakes over.
- ☐
- Brush with oil from pan; sprinkle with remaining spice mixture. Broil 5 minutes or until browned.
- ☐
- Serve cakes with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:19.780000186485%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 311.57kcal (15.58%), Fat: 19.36g (29.79%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 15.64g (5.69%), Sugar: 2.98g (3.31%), Cholesterol: 30.32mg (10.11%), Sodium: 948.97mg (41.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.28%), Vitamin B12: 5.21µg (86.91%), Vitamin K: 47.51µg (45.25%), Selenium: 26.19µg (37.42%), Copper: 0.71mg (35.62%), Zinc: 4.24mg (28.29%), Manganese: 0.54mg (26.83%), Phosphorus: 253.59mg (25.36%), Vitamin C: 17.83mg (21.61%), Magnesium: 80.23mg (20.06%), Folate: 77.1µg (19.28%), Vitamin E: 2.34mg (15.58%), Vitamin A: 670.75IU (13.42%), Vitamin B6: 0.25mg (12.34%), Vitamin B2: 0.19mg (11.3%), Potassium: 347.12mg (9.92%), Iron: 1.71mg (9.51%), Fiber: 2.32g (9.26%), Vitamin B1: 0.12mg (8.1%), Calcium: 76.16mg (7.62%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.51mg (5.13%)