



## Cajun Crab Cakes

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 cup bread crumbs dried plain
- ☐ 0.3 teaspoon cayenne
- ☐ 1 small stalk celery finely chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon jalapeño chili minced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 18 oz lump crab meat picked over canned
- ☐ 3 tablespoons mayonnaise
- ☐ 1 small onion finely chopped
- ☐ 0.5 teaspoon paprika
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon tomato paste
- ☐ 2.5 tablespoons vegetable oil

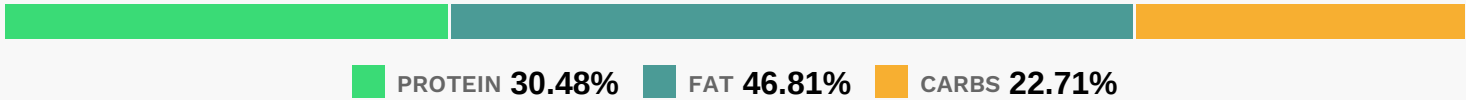
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Warm 1/2 Tbsp. oil in a small skillet over medium heat.
- ☐ Add onion, celery and garlic and cook, stirring, for 3 minutes. Set aside and let cool.
- ☐ Combine remaining ingredients, other than remaining oil, in a medium bowl. Stir in onion mixture. Cover and chill for 30 minutes.
- ☐ Warm remaining 2 Tbsp. oil in a heavy skillet over medium-low heat. Make 4 cakes out of crab mixture.
- ☐ Add to pan and cook until golden, 4 minutes. Flip and cook until golden and crisp, 3 minutes. Cover and cook on low for 1 minute to warm through.
- ☐ Serve with lemon wedges and green hot sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:84.5, Glycemic Load:3.91, Inflammation Score:-7, Nutrition Score:27.240434864293%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 405.27kcal (20.26%), Fat: 20.76g (31.94%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.77g (7.55%), Sugar: 3.01g (3.34%), Cholesterol: 150.99mg (50.33%), Sodium: 1547.07mg (67.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.84%), Vitamin B12: 11.79µg (196.46%), Selenium: 61.84µg (88.34%), Copper: 1.29mg (64.35%), Zinc: 8.36mg (55.74%), Phosphorus: 383.82mg (38.38%), Vitamin K: 39.1µg (37.24%), Folate: 108.09µg (27.02%), Vitamin B1: 0.32mg (21.53%), Vitamin C: 17.53mg (21.24%), Magnesium: 81.35mg (20.34%), Vitamin B2: 0.3mg (17.79%), Manganese: 0.35mg (17.47%), Vitamin B3: 3.35mg (16.77%), Vitamin B6: 0.33mg (16.52%), Iron: 2.86mg (15.9%), Potassium: 445.16mg (12.72%), Calcium: 123.86mg (12.39%), Vitamin E: 1.77mg (11.79%), Vitamin B5: 1.05mg (10.49%), Vitamin A: 473.49IU (9.47%), Fiber: 1.89g (7.57%), Vitamin D: 0.52µg (3.47%)