



 **30%**  
HEALTH SCORE

## Caribbean Crab Cakes Benedict

READY IN



45 min.

SERVINGS



6

CALORIES



812 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 avocado peeled sliced
- 6 servings bell pepper diced red
- 6 servings bell pepper diced red
- 1 egg whites
- 6 large eggs
- 3 ounce bread french
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lemon fresh

- 1 pound lump crab meat fresh drained
- 1 cup mayonnaise
- 0.3 cup vegetable oil; peanut oil preferred
- 6 servings pepper black
- 3 saltines
- 6 servings knorr hollandaise sauce
- 0.3 teaspoon seafood seasoning
- 2 tablespoons butter unsalted


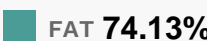

## Equipment

- food processor
- bowl
- frying pan
- blender

## Directions

- Place crackers in a blender or food processor; process until finely ground.
- Place bread in blender or food processor; process until finely ground.
- Combine crabmeat, mayonnaise, cracker crumbs, breadcrumbs, egg white, and next 4 ingredients in a large bowl. Cover and chill 8 hours.
- Shape crab mixture into 6 (4-inch) patties. Cook crab cakes, in batches, in hot oil and melted butter in a large skillet over medium-high heat 4 minutes on each side or until golden.
- Place avocado slices and poached eggs on crab cakes, and top with Caribbean Hollandaise Sauce and pepper.
- Garnish, if desired.

## Nutrition Facts

 PROTEIN 12.8%  FAT 74.13%  CARBS 13.07%

## Properties

Glycemic Index:49.75, Glycemic Load:8.16, Inflammation Score:-10, Nutrition Score:41.440434704656%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 812.09kcal (40.6%), Fat: 68.18g (104.89%), Saturated Fat: 14.19g (88.67%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 18.98g (6.9%), Sugar: 7.95g (8.84%), Cholesterol: 247.86mg (82.62%), Sodium: 1287.94mg (56%), Alcohol: 0g (100%), Protein: 26.5g (53%), Vitamin C: 204.72mg (248.15%), Vitamin B12: 7.31µg (121.79%), Vitamin A: 5229.82IU (104.6%), Vitamin K: 84.15µg (80.14%), Selenium: 49.51µg (70.74%), Folate: 202.47µg (50.62%), Vitamin E: 7.09mg (47.29%), Copper: 0.92mg (46.11%), Vitamin B6: 0.83mg (41.54%), Zinc: 6.18mg (41.19%), Phosphorus: 365.49mg (36.55%), Vitamin B2: 0.58mg (33.84%), Fiber: 8.07g (32.27%), Potassium: 909.09mg (25.97%), Vitamin B5: 2.58mg (25.76%), Manganese: 0.47mg (23.45%), Magnesium: 87.39mg (21.85%), Vitamin B3: 4.31mg (21.56%), Vitamin B1: 0.3mg (19.67%), Iron: 3.14mg (17.43%), Calcium: 95.24mg (9.52%), Vitamin D: 1.14µg (7.63%)