



Caribbean Crab Cakes Benedict

READY IN



45 min.

SERVINGS



6

CALORIES



793 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 avocado peeled sliced
- ☐ 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

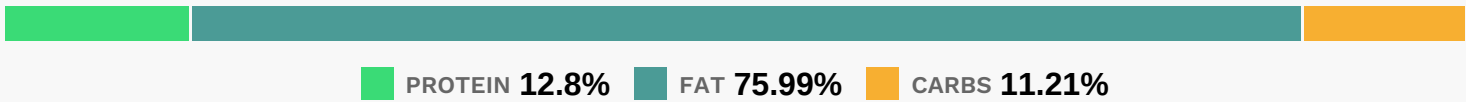
Equipment

- ☐ 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



Properties

Glycemic Index:44.42, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:36.718695640564%

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: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 792.72kcal (39.64%), Fat: 67.96g (104.55%), Saturated Fat: 14.14g (88.39%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 16.05g (5.84%), Sugar: 4.82g (5.36%), Cholesterol: 247.86mg (82.62%), Sodium: 1284.96mg (55.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Vitamin C: 109.36mg (132.56%), Vitamin B12: 7.31µg (121.79%), Vitamin K: 80.5µg (76.66%), Selenium: 49.44µg (70.63%), Vitamin A: 2897.23IU (57.94%), Copper: 0.91mg (45.48%), Folate: 168.2µg (42.05%), Zinc: 5.99mg (39.95%), Vitamin E: 5.92mg (39.44%), Phosphorus: 346.12mg (34.61%), Vitamin B6: 0.61mg (30.7%), Vitamin B2: 0.51mg (30.12%), Fiber: 6.5g (26.01%), Vitamin B5: 2.34mg (23.4%), Potassium: 751.9mg (21.48%), Magnesium: 78.45mg (19.61%), Manganese: 0.39mg (19.27%), Vitamin B3: 3.58mg (17.91%), Vitamin B1: 0.25mg (16.99%), Iron: 2.82mg (15.65%), Calcium: 90.03mg (9%), Vitamin D: 1.14µg (7.63%)