



Cayenne-Spiked Crab Cakes

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.8 cups bread fresh french crustless ()
- ☐ 2 tablespoons butter ()
- ☐ 1 pinch ground pepper generous
- ☐ 0.3 cup celery minced
- ☐ 1 pound crab meat fresh
- ☐ 1 tablespoon ground mustard dry
- ☐ 1 large eggs
- ☐ 0.3 cup spring onion minced
- ☐ 8 servings lemon wedges

- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt

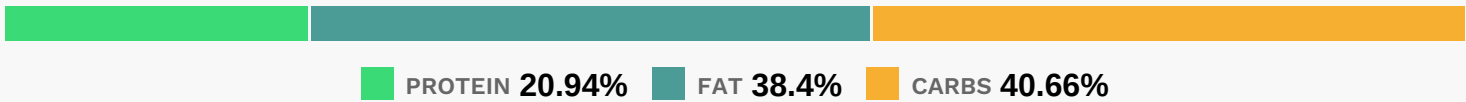
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap

Directions

- ☐ Mix first 7 ingredients in medium bowl.
- ☐ Mix in crab.
- ☐ Mix in enough breadcrumbs (about 2 cups) to form mixture that barely holds together.
- ☐ Spread remaining breadcrumbs on baking sheet.
- ☐ Shape crab mixture into eight 3/4-inch-thick patties. Coat crab cakes with remaining breadcrumbs, pressing to adhere. Cover with plastic wrap and refrigerate at least 1 hour. (Can be prepared 4 hours ahead; keep refrigerated.)
- ☐ Melt 1 tablespoon butter with 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add 4 crab cakes; reduce heat to medium and cook until brown, about 4 minutes per side. Wipe skillet clean. Repeat with remaining butter, oil and crab cakes.
- ☐ Transfer crab cakes to plates.
- ☐ Serve crab cakes immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:20.85, Inflammation Score:-6, Nutrition Score:22.610434778359%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 389.25kcal (19.46%), Fat: 16.53g (25.43%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 35.86g (13.04%), Sugar: 4.93g (5.47%), Cholesterol: 57.53mg (19.18%), Sodium: 1010.42mg (43.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.55%), Vitamin B12: 5.17µg (86.21%), Selenium: 48.03µg (68.62%), Manganese: 1.02mg (51.1%), Copper: 0.66mg (32.94%), Zinc: 4.38mg (29.23%), Vitamin B3: 5.25mg (26.23%), Folate: 102.15µg (25.54%), Phosphorus: 253.12mg (25.31%), Vitamin B1: 0.37mg (24.79%), Vitamin K: 25.22µg (24.02%), Iron: 3.55mg (19.71%), Magnesium: 66.33mg (16.58%), Vitamin B2: 0.27mg (15.72%), Fiber: 3.52g (14.09%), Calcium: 138.84mg (13.88%), Vitamin B5: 1mg (9.96%), Vitamin B6: 0.2mg (9.77%), Potassium: 266.17mg (7.6%), Vitamin E: 1.11mg (7.4%), Vitamin C: 5.42mg (6.57%), Vitamin A: 192.02IU (3.84%)