



Chesapeake Bay Crab Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices garnishes: chives fresh
- 1.5 teaspoons parsley flakes dried
- 1 large eggs
- 3 drops hot sauce
- 1 pound lump crab meat fresh drained
- 6 tablespoons mayonnaise divided
- 1.3 teaspoons old bay seasoning divided
- 12 servings paprika

- 0.1 teaspoon pepper freshly ground
- 4 saltines crushed
- 12 servings tartar sauce
- 0.5 teaspoon worcestershire sauce

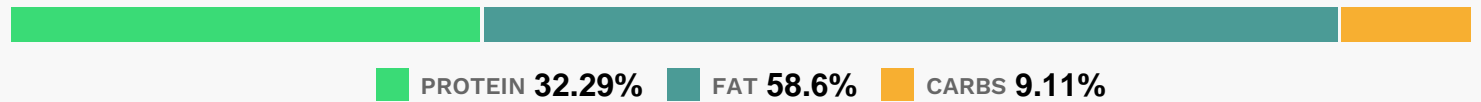
Equipment

- bowl
- baking sheet
- oven

Directions

- Stir together 3 tablespoons mayonnaise, 3/4 teaspoon Old Bay seasoning, and next 6 ingredients in a medium bowl; gently stir in crabmeat.
- Shape into 12 patties.
- Place on a lightly greased baking sheet.
- Stir together remaining 3 tablespoons mayonnaise and remaining 1/2 teaspoon Old Bay seasoning; spread evenly on crab cakes.
- Sprinkle with paprika.
- Bake at 350 for 20 minutes or until lightly browned. (Do not overbake.)
- Garnish, if desired, and serve with Tartar Sauce.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:9.4760870052421%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 98.21kcal (4.91%), Fat: 6.39g (9.83%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.35g (0.39%), Cholesterol: 34.39mg (11.46%), Sodium: 393.79mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Vitamin B12: 3.45µg (57.48%), Selenium: 15.46µg (22.08%), Vitamin A: 1032.93IU (20.66%), Copper: 0.37mg (18.58%), Zinc: 2.42mg (16.11%), Vitamin K: 15.85µg (15.1%), Phosphorus: 100.64mg (10.06%), Vitamin E: 0.89mg (5.92%), Magnesium: 23.57mg (5.89%), Vitamin B6: 0.11mg (5.59%), Folate: 21.75µg (5.44%), Iron: 0.89mg (4.92%), Vitamin B2: 0.07mg (3.98%), Potassium: 136.7mg (3.91%), Manganese: 0.07mg (3.74%), Vitamin C: 3mg (3.63%), Vitamin B3: 0.7mg (3.48%), Fiber: 0.77g (3.06%), Calcium: 27.99mg (2.8%), Vitamin B5: 0.26mg (2.65%), Vitamin B1: 0.03mg (2.22%)