



Clam Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

Ingredients

- ☐ 0.3 cup butter divided
- ☐ 0.5 cup round buttery crackers crushed
- ☐ 1 pint shucked clams fresh
- ☐ 1 cup round buttery crackers unsalted crushed
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 green onions minced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon pepper freshly ground

☐ 12 servings tartar sauce

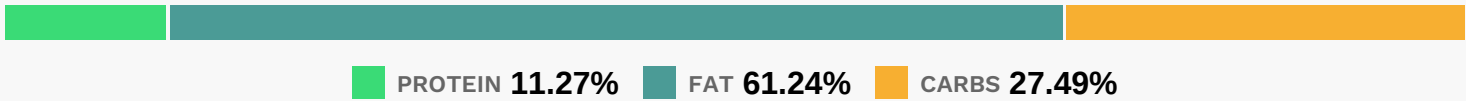
Equipment

☐ frying pan

Directions

- ☐ Drain clams, reserving 2 tablespoons juice. Chop clams, and set aside.
- ☐ Stir together clams, reserved clam juice, unsalted crackers, and next 6 ingredients; shape into 12 patties.
- ☐ Melt 2 tablespoons butter in large skillet over medium-high heat; add 6 patties, and cook 3 to 4 minutes on each side or until golden. Repeat with remaining butter and patties.
- ☐ Serve immediately with Tartar Sauce.
- ☐ .*2 (5-ounce) cans minced clams may be substituted for 1 pint shucked fresh clams.
- ☐ Drain clams, reserving 2 tablespoons juice.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:3.5999999979268%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 96.5kcal (4.83%), Fat: 6.59g (10.14%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.32g (2.3%), Sugar: 0.84g (0.94%), Cholesterol: 32.84mg (10.95%), Sodium: 133.26mg (5.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin B12: 0.75µg (12.46%), Vitamin K: 12.64µg (12.04%), Selenium: 5.17µg (7.39%), Vitamin A: 273.81IU (5.48%), Phosphorus: 53.04mg (5.3%), Vitamin B2: 0.07mg (4.25%), Iron: 0.7mg (3.9%), Vitamin E: 0.58mg (3.87%), Folate: 15.06µg (3.77%), Manganese: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.49mg (2.46%), Calcium: 23.6mg (2.36%), Vitamin C: 1.75mg (2.12%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.21mg (1.4%), Fiber: 0.33g (1.33%), Magnesium: 5.05mg (1.26%), Copper: 0.02mg

(1.24%), Vitamin B6: 0.02mg (1.22%), Potassium: 41.32mg (1.18%), Vitamin D: 0.17µg (1.11%)