



Classic Crab Cakes

READY IN



95 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh soft
- ☐ 1 tablespoon butter
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab meat fresh drained
- ☐ 1.3 teaspoons seafood seasoning
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil

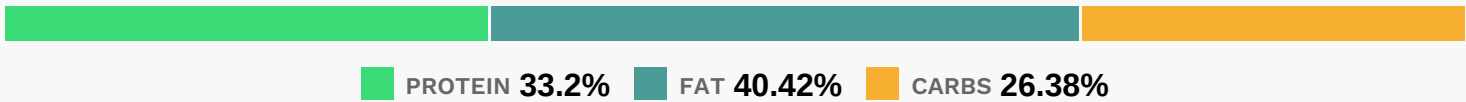
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl. Fold in crabmeat. Shape crab mixture into 4 (4-inch) patties; chill 1 hour.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add crab cakes, and cook 4 to 6 minutes on each side or until golden.
- ☐ Place bottom of 1 toasted bun on a serving plate; spread with 2 teaspoons mayonnaise, and top with 1 lettuce leaf, 2 cooked bacon slices, 1 Classic Crab Cake, 2 tomato slices, and top of toasted bun. Makes 1 serving.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:22.803913256396%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 320.75kcal (16.04%), Fat: 14.17g (21.8%), Saturated Fat: 4.29g (26.78%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.47g (7.08%), Sugar: 2.14g (2.37%), Cholesterol: 105.19mg (35.06%), Sodium: 1188.03mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.39%), Vitamin B12: 10.43µg (173.84%), Selenium: 52.23µg (74.62%), Copper: 1.13mg (56.63%), Zinc: 7.35mg (48.98%), Phosphorus: 324.91mg (32.49%), Folate: 87.51µg (21.88%), Vitamin B1: 0.32mg (21.32%), Vitamin K: 19.9µg (18.95%), Magnesium: 71.41mg (17.85%), Manganese: 0.35mg (17.58%), Vitamin B3: 3.08mg (15.41%), Iron: 2.44mg (13.54%), Vitamin B2: 0.23mg (13.44%), Vitamin C: 10.97mg (13.3%), Calcium: 122.7mg (12.27%), Vitamin B6: 0.24mg (11.93%), Potassium: 323.5mg (9.24%), Vitamin B5: 0.77mg (7.73%), Vitamin E: 0.83mg (5.56%), Fiber: 1.34g (5.36%), Vitamin A: 237.14IU (4.74%), Vitamin D: 0.25µg (1.67%)