



Classic Crab Cakes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons breadcrumbs as needed (use more)
- ☐ 4 servings cherry tomatoes
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs
- ☐ 4 servings lemon wedges for serving (optional,)
- ☐ 1 pound lump crab meat fresh picked over for cartilage
- ☐ 2 tablespoons mayonnaise

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt

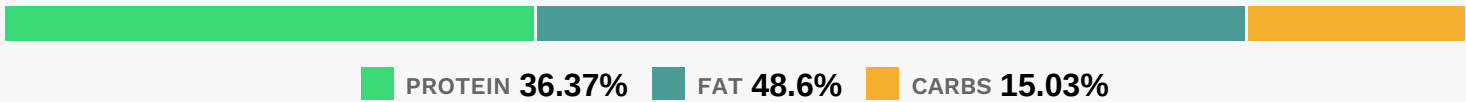
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine crabmeat, egg, scallions (if using), mayonnaise, Dijon mustard, salt, and pepper in a large bowl.
- ☐ Add enough breadcrumbs to bind mixture enough to form into cakes. Refrigerate the mixture until you're ready to cook.
- ☐ Heat a large nonstick skillet over medium-high heat for 2–3 minutes; add oil, and heat until it shimmers. Shape crab mixture into 8 (1-inch-thick) cakes, using 1/3 cup mixture for each; cook, adjusting heat as necessary and gently turning once, until golden brown on both sides (about 5 minutes per side).
- ☐ Serve 2 crab cakes per plate with lemon wedges and Cherry Tomato and Corn Salad.
- ☐ Note: Most of the sodium in this meal is from naturally occurring sodium in the crab.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:24.598695609881%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 270.06kcal (13.5%), Fat: 14.53g (22.35%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 8.59g (3.12%), Sugar: 4.16g (4.62%), Cholesterol: 91.49mg (30.5%), Sodium: 1247.76mg (54.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.93%), Vitamin B12: 10.33µg (172.16%), Selenium: 48.11µg (68.72%), Copper: 1.19mg (59.26%), Vitamin C: 42.23mg (51.18%), Zinc: 7.21mg (48.05%), Phosphorus: 325.89mg (32.59%), Folate: 80.42µg (20.11%), Vitamin K: 20.6µg (19.62%), Magnesium: 74.74mg (18.68%), Potassium: 590.78mg (16.88%), Vitamin A: 819.14IU (16.38%), Vitamin B6: 0.32mg (15.82%), Vitamin E: 2.2mg (14.69%), Manganese: 0.29mg (14.64%), Iron: 2.25mg (12.52%), Vitamin B3: 2.4mg (12%), Vitamin B1: 0.16mg (10.88%), Vitamin B2: 0.16mg (9.19%), Calcium: 88.2mg (8.82%), Vitamin B5: 0.81mg (8.13%), Fiber: 1.51g (6.05%), Vitamin D: 0.23µg (1.56%)