



Classic New England Crab Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion finely chopped
- 0.5 cup celery finely chopped
- 6 tablespoons butter unsalted
- 1 pound lump crab meat
- 0.3 cup breadcrumbs dry fine
- 0.5 cup mayonnaise
- 0.5 teaspoon seafood seasoning
- 0.5 teaspoon worcestershire sauce
- 3 drops hot sauce

2 tablespoons parsley minced

Equipment

bowl

baking sheet

whisk

plastic wrap

wax paper

Directions

Cook onion and celery in 4 tablespoons butter over moderately low heat, until tender and transfer to a bowl. Stir in crab and bread crumbs.

In a small bowl whisk together mayonnaise, seafood seasoning, Worcestershire sauce, hot sauce, parsley, and salt and pepper to taste and stir into crab mixture until combined well.

Line a baking sheet with wax paper. Form crab mixture into 6 flattened rounds. Chill crab cakes, covered with plastic wrap, at least 1 hour.

Heat 1 tablespoon butter over moderate heat until foam subsides and cook half of crab cakes until golden brown, about 2 to 3 minutes on each side. Cook remaining cakes in remaining tablespoon butter in same manner.

Nutrition Facts

PROTEIN 18.93% FAT 73.31% CARBS 7.76%

Properties

Glycemic Index:23.5, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:17.08347826087%

Flavonoids

Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Taste

Sweetness: 4.73%, Saltiness: 3.15%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 322.46kcal (16.12%), Fat: 26.14g (40.22%), Saturated Fat: 9.53g (59.58%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.53g (2.01%), Sugar: 1.24g (1.38%), Cholesterol: 69.69mg (23.23%), Sodium: 823.77mg (35.82%), Protein: 15.19g (30.38%), Vitamin B12: 6.87µg (114.52%), Vitamin K: 57.55µg (54.81%), Selenium: 29.72µg (42.45%), Copper: 0.73mg (36.54%), Zinc: 4.68mg (31.2%), Phosphorus: 190.04mg (19%), Folate: 48.93µg (12.23%), Magnesium: 43.48mg (10.87%), Vitamin A: 536.11IU (10.72%), Vitamin C: 8.77mg (10.63%), Vitamin B6: 0.15mg (7.45%), Vitamin B1: 0.1mg (6.87%), Vitamin E: 0.98mg (6.54%), Vitamin B3: 1.31mg (6.53%), Potassium: 227.67mg (6.5%), Manganese: 0.12mg (6.16%), Calcium: 61.12mg (6.11%), Iron: 0.99mg (5.52%), Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.39mg (3.88%), Fiber: 0.7g (2.78%), Vitamin D: 0.25µg (1.65%)