



Coastal Crab Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 teaspoon mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon mayonnaise light
- ☐ 1 pound lump crab meat drained
- ☐ 1 teaspoon olive oil

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2 tablespoons parmesan cheese grated

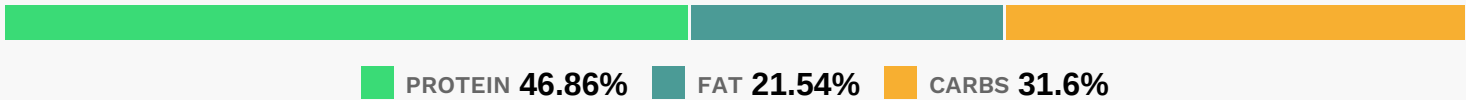
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a medium bowl; stir gently. Stir in beaten egg, mayonnaise, and milk. Shape crabmeat mixture into 6 (3-inch) patties. Dredge patties in flour.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add patties, and cook 4 minutes on each side or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:3.04, Inflammation Score:-4, Nutrition Score:16.52130441562%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 153.6kcal (7.68%), Fat: 3.56g (5.48%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 10.96g (3.99%), Sugar: 1.03g (1.14%), Cholesterol: 64.65mg (21.55%), Sodium: 760.7mg (33.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.89%), Vitamin B12: 6.95µg (115.78%), Selenium: 35.55µg (50.78%), Copper: 0.74mg (37.18%), Zinc: 4.91mg (32.74%), Phosphorus: 221.97mg (22.2%), Vitamin K: 19.59µg (18.65%), Folate: 62.46µg (15.61%), Magnesium: 46.89mg (11.72%), Vitamin B1: 0.17mg (11.54%), Vitamin B3: 1.81mg (9.03%), Vitamin B2: 0.15mg (8.77%), Manganese: 0.17mg (8.51%), Vitamin C: 6.88mg (8.34%), Calcium: 81.76mg (8.18%), Iron: 1.44mg (7.98%), Vitamin B6: 0.15mg (7.5%), Potassium: 222.37mg (6.35%), Vitamin B5: 0.49mg (4.89%), Vitamin A: 167.48IU (3.35%), Fiber: 0.8g (3.21%), Vitamin E: 0.32mg (2.11%), Vitamin D: 0.2µg (1.35%)