



## Coconut Crusted Crab Cakes

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons asian fish sauce
- 0.5 teaspoon pepper black freshly ground
- 6 tablespoons canola oil
- 2 teaspoons cilantro leaves chopped
- 1 pound crab meat drained
- 2 teaspoons ginger fresh grated peeled
- 0.5 teaspoon kosher salt
- 0.5 teaspoon lemongrass white finely chopped

- 0.3 cup juice of lime fresh
- 4 lime wedges
- 1 cup mayonnaise
- 0.5 cup panko bread crumbs for dredging
- 0.3 cup bell pepper diced red finely
- 0.5 teaspoon pepper flakes red
- 0.5 cup scallions white green thinly sliced
- 2 tablespoons sugar
- 4 servings chili sauce sweet
- 0.5 cup coconut or shredded unsweetened for dredging
- 2 tablespoons water

## Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- ramekin
- spatula

## Directions

- Lime Dipping Sauce, recipe follows
- Put the crabmeat in a large bowl and add the mayonnaise, scallions, bell pepper, ginger, salt, and pepper and gently combine using a rubber spatula.
- Add the 1/2 cup coconut and 1/2 cup panko and gently fold in. Divide the mixture into 8 mounds and form into patties about 3-inches in diameter and 3/4-inch thick.
- Put the patties on a large plate, cover with plastic wrap, and refrigerate 30 minutes or longer.
- When you are ready to fry the crab cakes, combine the 1 cup of coconut and 1 cup of panko in a shallow container. Lightly dredge the patties in the crumbs, shaking off any excess. Put 2 large nonstick skillet with over medium high heat.

- Add about 3 tablespoons of oil to each pan. When the pans are hot, place 4 patties in each pan. Turn the heat down to medium and fry the cakes until golden and heated through, turning once with a spatula to brown both sides, about 4 minutes per side.
- Transfer the crab cakes to plates, serving 2 to each person, accompanied by ramekins of sweet chili sauce and lime wedges.
- Whisk together all ingredients in a small bowl.

## Nutrition Facts

**PROTEIN 11.73%**

**FAT 78.35%**

**CARBS 9.92%**

### Properties

Glycemic Index:73.77, Glycemic Load:5.15, Inflammation Score:-8, Nutrition Score:29.163043498993%

### Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 9.1mg, Hesperetin: 9.1mg, Hesperetin: 9.1mg, Hesperetin: 9.1mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

### Nutrients (% of daily need)

Calories: 814.22kcal (40.71%), Fat: 71.64g (110.22%), Saturated Fat: 14.97g (93.55%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 16.91g (6.15%), Sugar: 9.71g (10.79%), Cholesterol: 71.15mg (23.72%), Sodium: 2377.77mg (103.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.27%), Vitamin B12: 10.34µg (172.37%), Vitamin K: 134.14µg (127.75%), Selenium: 47.7µg (68.15%), Copper: 1.21mg (60.52%), Zinc: 7.32mg (48.79%), Vitamin E: 5.96mg (39.73%), Vitamin C: 32.27mg (39.12%), Phosphorus: 311.09mg (31.11%), Manganese: 0.53mg (26.67%), Magnesium: 92.87mg (23.22%), Folate: 81.94µg (20.48%), Vitamin B6: 0.31mg (15.51%), Fiber: 3.5g (13.98%), Potassium: 450.17mg (12.86%), Vitamin A: 576.33IU (11.53%), Vitamin B3: 2.28mg (11.39%), Iron: 2.04mg (11.34%), Vitamin B1: 0.16mg (10.49%), Calcium: 97.64mg (9.76%), Vitamin B2: 0.13mg (7.92%), Vitamin B5: 0.74mg (7.43%)