



Confetti Crab Cakes

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup unseasoned breadcrumbs dry
- 1 tablespoon canola oil
- 1 tablespoon juice of lemon fresh
- 2 tablespoons mayonnaise light
- 2.7 cups lump crab meat drained
- 1 teaspoon old bay seasoning
- 0.3 cup bell pepper red finely chopped
- 0.5 cup scallions chopped

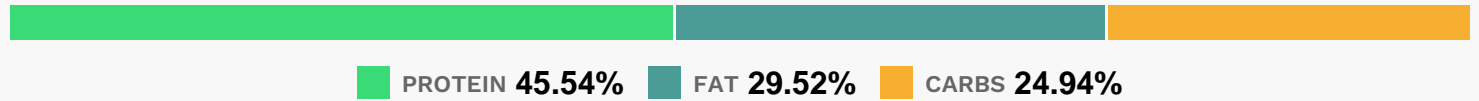
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Combine crabmeat, breadcrumbs, scallions, bell pepper, Old Bay seasoning, and ground red pepper (if using) in a medium bowl.
- Add mayonnaise and lemon juice; mix with a fork. Form mixture into 8 patties about 3 inches in diameter.
- Heat oil in a medium skillet over medium heat. Fry crab cakes until browned on the bottom (about 4 minutes); turn and cook 4 more minutes, or until browned and an instant-read thermometer inserted into the crab cake reads 15
- Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:21.747391389764%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 203.79kcal (10.19%), Fat: 6.54g (10.06%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.23g (4.08%), Sugar: 1.88g (2.09%), Cholesterol: 48.16mg (16.05%), Sodium: 1095.58mg (47.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.39%), Vitamin B12: 10.13µg (168.79%), Selenium: 44.48µg (63.54%), Copper: 1.09mg (54.26%), Zinc: 6.95mg (46.36%), Vitamin K: 37.5µg (35.72%), Vitamin C: 23.62mg (28.63%), Phosphorus: 276.81mg (27.68%), Folate: 77.73µg (19.43%), Magnesium: 65.79mg

(16.45%), Vitamin B1: 0.19mg (12.89%), Vitamin B3: 2.3mg (11.52%), Manganese: 0.23mg (11.45%), Vitamin B6: 0.23mg (11.38%), Iron: 1.73mg (9.6%), Vitamin A: 461.36IU (9.23%), Calcium: 91.5mg (9.15%), Potassium: 318.54mg (9.1%), Vitamin B2: 0.12mg (7.18%), Vitamin E: 1mg (6.7%), Vitamin B5: 0.51mg (5.14%), Fiber: 1.2g (4.78%)