



Corn and Crab Cakes

READY IN



60 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup corn frozen thawed
- 0.3 cup spring onion chopped
- 0.3 cup mayonnaise fat-free
- 6.3 oz beef broth 25%
- 12 oz crabmeat white drained canned
- 1 eggs beaten
- 2 tablespoons water
- 0.5 cup breadcrumbs plain dry
- 3 tablespoons salsa thick

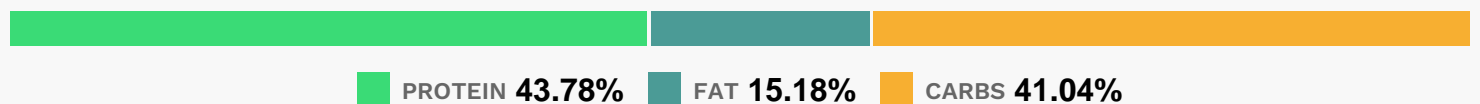
Equipment

- bowl
- baking sheet
- oven

Directions

- Line cookie sheet with waxed paper. In medium bowl, stir together corn, onions, mayonnaise, taco seasoning mix and crabmeat. Shape into 8 patties, using slightly less than 1/4 cup for each patty.
- Place on cookie sheet; freeze 15 minutes.
- Heat oven to 450°F. Spray another cookie sheet with cooking spray. In shallow bowl, stir together egg and water. In another shallow bowl or pie plate, place bread crumbs.
- Dip each patty into egg mixture, coating both sides, then coat with bread crumbs.
- Place on cookie sheet.
- Bake 15 minutes; turn patties.
- Bake about 10 minutes longer or until golden brown.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:17.264347884966%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 184.28kcal (9.21%), Fat: 3.11g (4.78%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 16.97g (6.17%), Sugar: 3.46g (3.85%), Cholesterol: 125.15mg (41.72%), Sodium: 907.29mg (39.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.31%), Selenium: 43.63µg (62.33%), Vitamin B12:

2.98µg (49.62%), Copper: 0.76mg (38.16%), Phosphorus: 268.13mg (26.81%), Zinc: 3.78mg (25.21%), Folate: 75.72µg (18.93%), Vitamin B3: 3.76mg (18.78%), Vitamin K: 19.38µg (18.45%), Potassium: 468.79mg (13.39%), Vitamin B2: 0.21mg (12.56%), Vitamin E: 1.88mg (12.53%), Manganese: 0.25mg (12.52%), Vitamin B1: 0.18mg (12.23%), Magnesium: 47.85mg (11.96%), Calcium: 118.32mg (11.83%), Vitamin B5: 1.18mg (11.8%), Vitamin B6: 0.23mg (11.48%), Iron: 1.58mg (8.76%), Fiber: 1.93g (7.72%), Vitamin C: 5.69mg (6.9%), Vitamin A: 181.84IU (3.64%), Vitamin D: 0.22µg (1.47%)