



Corn and Crab Cakes

READY IN



60 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz crabmeat white drained canned
- 0.5 cup breadcrumbs plain dry
- 1 eggs beaten
- 0.5 cup corn frozen thawed
- 0.3 cup spring onion chopped
- 0.3 cup mayonnaise fat-free
- 3 tablespoons salsa thick (any variety)
- 1 tablespoon taco seasoning 40% (from 1-oz package)
- 2 tablespoons water

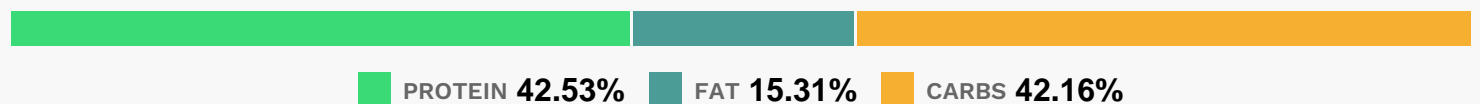
Equipment

- 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 450F. 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:-5, Nutrition Score:17.250434761462%

Flavonoids

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

Nutrients (% of daily need)

Calories: 182.68kcal (9.13%), Fat: 3.11g (4.78%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 17.2g (6.25%), Sugar: 3.58g (3.98%), Cholesterol: 125.15mg (41.72%), Sodium: 876.5mg (38.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.83%), 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%), 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%), Potassium: 380.2mg (10.86%), Iron: 1.62mg (8.99%), Fiber: 2.05g (8.19%), Vitamin C: 5.98mg (7.24%), Vitamin A: 240.47IU (4.81%), Vitamin D: 0.22µg (1.47%)