



Corn and Crab Cakes

READY IN



50 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons butter divided
- ☐ 0.5 cup ears corn fresh yellow
- ☐ 8 ounces crab meat
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon spring onion chopped
- ☐ 3 tablespoons spring onion chopped
- ☐ 1 Dash kosher salt

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons mayonnaise
- ☐ 0.8 teaspoon old bay seasoning
- ☐ 1.5 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 1 drop hot sauce hot
- ☐ 0.3 cup bell pepper red chopped

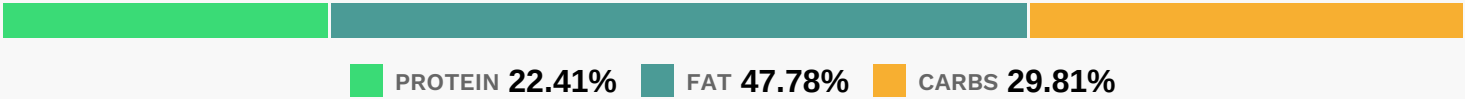
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ To prepare cakes, combine first 8 ingredients in a large bowl, stirring until well blended. Stir in 3/4 cup panko. Divide mixture into 8 equal portions; shape each into a 1-inch-thick patty. Arrange patties in a single layer on a small baking sheet.
- ☐ Place patties in freezer for 20 minutes or until firm.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add remaining 3/4 cup panko to pan; coat panko lightly with cooking spray. Cook 2 minutes or until toasted, stirring frequently.
- ☐ Place toasted panko in a shallow dish; dredge crab cakes in toasted crumbs. Wipe pan clean with paper towels.
- ☐ Melt 2 1/4 teaspoons butter in a large nonstick skillet over medium-high heat; swirl to coat. Coat both sides of 4 cakes with cooking spray.
- ☐ Add coated cakes to pan; cook 4 minutes on each side or until golden brown.
- ☐ Remove from pan, and keep warm. Repeat procedure with remaining butter, cooking spray, and crab cakes.
- ☐ To prepare sauce, combine parsley and remaining ingredients in a small bowl, stirring well.
- ☐ Serve with cakes.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:20.491739418196%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 286.54kcal (14.33%), Fat: 15.21g (23.4%), Saturated Fat: 4.73g (29.53%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 19.46g (7.07%), Sugar: 3.28g (3.64%), Cholesterol: 86.01mg (28.67%), Sodium: 786.28mg (34.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.09%), Vitamin B12: 5.31µg (88.57%), Vitamin K: 67.78µg (64.55%), Selenium: 31.05µg (44.36%), Copper: 0.62mg (30.75%), Zinc: 4.05mg (27.03%), Vitamin C: 21.95mg (26.6%), Phosphorus: 213.64mg (21.36%), Vitamin B1: 0.29mg (19.36%), Folate: 75.46µg (18.87%), Manganese: 0.31mg (15.74%), Vitamin A: 783.85IU (15.68%), Vitamin B3: 2.62mg (13.09%), Magnesium: 50.78mg (12.7%), Iron: 2.16mg (12.03%), Vitamin B2: 0.2mg (11.91%), Vitamin B6: 0.19mg (9.55%), Calcium: 89.13mg (8.91%), Potassium: 283.66mg (8.1%), Fiber: 1.9g (7.59%), Vitamin B5: 0.72mg (7.17%), Vitamin E: 0.84mg (5.58%), Vitamin D: 0.27µg (1.81%)