



Cornbread Crab Cakes

READY IN



160 min.

SERVINGS



45

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cornbread crumbs light
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions sliced
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons pickled jalapeño pepper chopped
- ☐ 1 teaspoon lemon zest

- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 8 oz cup heavy whipping cream sour reduced-fat
- ☐ 1 pound lump crab meat fresh
- ☐ 1 teaspoon old bay seasoning
- ☐ 2 teaspoons olive oil
- ☐ 0.7 cup bell pepper diced red finely

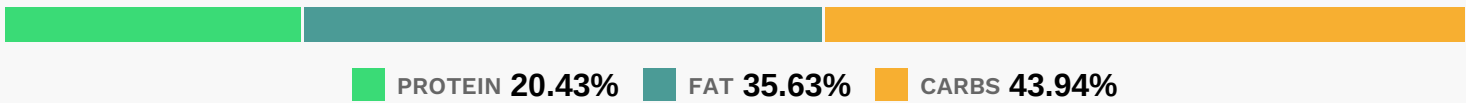
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap

Directions

- ☐ Stir together first 3 ingredients. Cover and chill up to 3 days.
- ☐ Saut bell pepper and onions in hot oil in a small nonstick skillet over medium-high heat 1 minute; add garlic, and saut 1 minute.
- ☐ Remove from heat; cool 15 minutes.
- ☐ Combine bell pepper mixture, mayonnaise, and next 5 ingredients in a large bowl. Fold in cornbread and crabmeat. Shape mixture into 16 (2 1/2-inch) cakes (about 1/4 cup each); place on a lightly greased baking sheet. Cover loosely with plastic wrap, and chill 1 hour.
- ☐ Lightly coat cakes with cooking spray. Cook crab cakes, in batches, in a large nonstick skillet or griddle over medium heat 3 to 4 minutes on each side or until lightly browned.
- ☐ Serve immediately with cilantro-jalapeo sour cream.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:3.8260869098746%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 60.23kcal (3.01%), Fat: 2.38g (3.66%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.24g (2.27%), Sugar: 1.91g (2.13%), Cholesterol: 20.52mg (6.84%), Sodium: 171.17mg (7.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Vitamin B12: 0.97µg (16.21%), Vitamin K: 9.83µg (9.37%), Selenium: 5.49µg (7.84%), Phosphorus: 72.97mg (7.3%), Vitamin C: 5.18mg (6.28%), Copper: 0.11mg (5.31%), Zinc: 0.74mg (4.95%), Folate: 14.38µg (3.6%), Vitamin A: 167.57IU (3.35%), Calcium: 29.42mg (2.94%), Vitamin B2: 0.04mg (2.52%), Magnesium: 8.42mg (2.1%), Vitamin B6: 0.04mg (2.04%), Iron: 0.37mg (2.03%), Vitamin B1: 0.03mg (2%), Manganese: 0.04mg (1.87%), Vitamin B3: 0.37mg (1.85%), Potassium: 60.9mg (1.74%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.14mg (1.43%), Fiber: 0.36g (1.43%)