



Cornflake Crab Cakes



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



10

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons canola oil
- ☐ 2 cups cornflakes crushed finely
- ☐ 1 tablespoon dijon mustard
- ☐ 3 large eggs
- ☐ 3 tablespoons flat-leaf parsley finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 scallions light white green finely chopped

- ☐ 1 teaspoon worcestershire sauce
- ☐ 1 pound from a pouch fresh picked over
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Equipment

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

Directions

- ☐ In a small bowl, whisk together eggs, scallions, parsley, mustard, Worcestershire sauce, salt and pepper. In a large bowl, stir together crabmeat and 1 1/4 cups cornflake crumbs.
- ☐ Pour egg mixture into crab mixture and stir to combine. Form mixture into 8 patties, each about 1 inch thick. (Recipe can be prepared up to this point several hours in advance; refrigerate until ready to cook.)
- ☐ Coat each patty on both sides with remaining cornflake crumbs.
- ☐ Heat 2 Tbsp. oil in nonstick skillet over medium heat.
- ☐ Add 4 crab cakes and cook, turning once, until browned on both sides, about 6 to 8 minutes total.
- ☐ Transfer cooked crab cakes to a paper towel-lined baking sheet to drain.
- ☐ Add remaining oil to pan and cook remaining crab cakes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:21.383478175039%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 243.47kcal (12.17%), Fat: 7.29g (11.21%), Saturated Fat: 0.94g (5.91%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 38.77g (14.1%), Sugar: 4.75g (5.28%), Cholesterol: 55.8mg (18.6%), Sodium: 624.55mg (27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.27%), Iron: 14.15mg (78.61%), Vitamin B2: 0.79mg (46.75%), Folate: 181.04µg (45.26%), Vitamin B6: 0.88mg (43.89%), Vitamin B1: 0.65mg (43.14%), Vitamin B3: 8.54mg (42.68%), Vitamin B12: 2.5µg (41.66%), Vitamin K: 33.85µg (32.23%), Vitamin A: 1077.12IU (21.54%), Vitamin C: 12.52mg (15.17%), Vitamin D: 2µg (13.36%), Selenium: 9.08µg (12.97%), Phosphorus: 82.57mg (8.26%), Vitamin E: 1.24mg (8.24%), Fiber: 1.82g (7.26%), Magnesium: 22.79mg (5.7%), Copper: 0.11mg (5.7%), Manganese: 0.11mg (5.65%), Zinc: 0.71mg (4.74%), Potassium: 128.52mg (3.67%), Vitamin B5: 0.35mg (3.53%), Calcium: 18.05mg (1.81%)