



Crab and Chorizo Fritters

READY IN



45 min.

SERVINGS



40

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup flour
- 0.5 cup butter (1 stick)
- 40 servings canola oil for frying
- 2.2 ounces chorizo finely chopped
- 4 large eggs
- 1 teaspoon ground cumin
- 0.5 pound lump crab meat
- 1.3 teaspoons salt
- 1 cup water

Equipment

- paper towels
- sauce pan
- spatula

Directions

- Bring 1 cup water, butter, and salt to boil in heavy medium saucepan, stirring until butter melts and salt dissolves.
- Add flour and cumin. Stir vigorously 3 minutes.
- Remove from heat.
- Mix in eggs 1 at a time, blending well after each addition. Stir in chopped chorizo and sofrito. Gently stir in crabmeat.
- Pour enough oil into heavy large saucepan to reach depth of 3 inches.
- Heat over medium heat to 375°F. Working in batches, spoon dough carefully into oil by tablespoonfuls, flattening slightly with back of metal spatula. Fry fritters until cooked through and brown on both sides, turning once, and adding more oil as needed, about 5 minutes total.
- Transfer fritters to paper towels to drain; serve.
- *A Caribbean cooking base usually made of tomato paste, onions, peppers, and spices; it's available at Cuban markets and at goya.com.
- Bon Appétit

Nutrition Facts

 PROTEIN 12.46%  FAT 74.15%  CARBS 13.39%

Properties

Glycemic Index:3.95, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:2.1969565075377%

Nutrients (% of daily need)

Calories: 73.03kcal (3.65%), Fat: 6.01g (9.25%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.35g (0.86%), Sugar: 0.03g (0.03%), Cholesterol: 28.06mg (9.35%), Sodium: 145.87mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin B12: 0.56µg (9.33%), Selenium: 4.69µg

(6.7%), Vitamin E: 0.61mg (4.08%), Copper: 0.06mg (3.09%), Zinc: 0.43mg (2.86%), Phosphorus: 26.62mg (2.66%), Folate: 10.65µg (2.66%), Vitamin B2: 0.04mg (2.46%), Vitamin K: 2.22µg (2.12%), Vitamin A: 105.47IU (2.11%), Vitamin B1: 0.03mg (1.96%), Iron: 0.33mg (1.84%), Manganese: 0.03mg (1.33%), Vitamin B3: 0.25mg (1.27%), Vitamin B5: 0.11mg (1.13%), Magnesium: 4.37mg (1.09%)