



Crab-and-Scallop Cakes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

Ingredients

- 1 pound bay scallops drained
- 2 tablespoons butter
- 1 large eggs
- 6 green onions thinly sliced
- 2 pounds lump crab meat fresh drained
- 1 teaspoon old bay seasoning
- 1 sprigs garnishes: parsley lemon wedges
- 0.3 teaspoon pepper
- 8 servings pepper sauce red

- 8 servings pepper sauce yellow
- 0.5 teaspoon salt
- 3 medium tomatoes diced peeled seeded
- 0.3 cup whipping cream

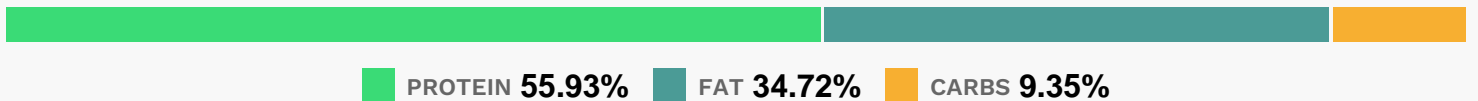
Equipment

- food processor
- frying pan

Directions

- Process scallops in a food processor until chopped.
- Add cream and next 4 ingredients; process until combined, stopping to scrape down sides.
- Combine scallop mixture, onions, and tomato; gently fold in crabmeat. Cover and chill at least 2 hours.
- Shape mixture into 8 patties (about 1/3 cup each).
- Melt butter in a large skillet over medium-high heat; add cakes, and cook, in batches, 3 to 4 minutes on each side or until golden.
- Serve with Red Pepper Sauce and Yellow Pepper Sauce; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:22.368260927822%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 214.62kcal (10.73%), Fat: 8.08g (12.44%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.05g (1.47%), Sugar: 1.75g (1.94%), Cholesterol: 95.69mg (31.9%), Sodium: 1366.66mg (59.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.29g (58.58%), Vitamin B12: 11.08µg (184.67%), Selenium: 50.83µg (72.61%), Copper: 1.1mg (55.15%), Zinc: 7.49mg (49.95%), Phosphorus: 471.85mg (47.18%), Vitamin K: 24.73µg (23.55%), Vitamin C: 18.02mg (21.84%), Magnesium: 77.27mg (19.32%), Folate: 75.65µg (18.91%), Vitamin A: 816.7IU (16.33%), Potassium: 506.24mg (14.46%), Vitamin B6: 0.27mg (13.69%), Vitamin B3: 2mg (9.98%), Calcium: 80.76mg (8.08%), Iron: 1.36mg (7.57%), Manganese: 0.14mg (7.25%), Vitamin B2: 0.12mg (7.22%), Vitamin B5: 0.69mg (6.94%), Vitamin B1: 0.08mg (5.38%), Vitamin E: 0.57mg (3.79%), Fiber: 0.84g (3.38%), Vitamin D: 0.28µg (1.89%)