



 **14%**  
HEALTH SCORE

## Crab and Sushi Rice Fritters

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 quart canola oil for deep frying as needed (approximately, )
- 2 cups sushi rice cooked
- 1 tablespoon crab boil seasoning (recommended: Old Bay)
- 0.3 cup parsley fresh chopped
- 8 servings sauce for dipping
- 0.1 cup juice of lemon fresh
- 1 pound lump crab meat
- 0.5 cup mayonnaise

- 0.8 cup panko bread crumbs (Japanese)
- 0.8 cup rice flour
- 8 servings pepper black freshly ground

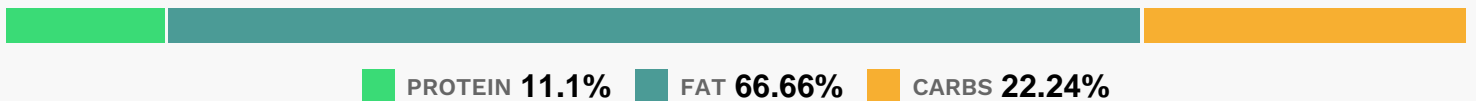
## Equipment

- deep fryer

## Directions

- Heat oil to 375 degrees F in a deep fryer.
- Mix rice, crab boil seasoning, mayonnaise, parsley and lemon juice. Fold in crabmeat, trying to avoid breaking up lumps.
- Mix rice flour and bread crumbs, and season with salt and pepper. Form crab mixture into "cocktail size" balls and roll into flour/bread crumb mixture to coat. Deep fry in hot oil until golden brown and drain.
- Serve with cocktail sauce or your favorite dipping sauce.
- Cook's Note: Sushi rice is short-grained rice tossed with a dressing of vinegar, sugar and salt. Asian markets carry a packaged mix of this dressing as well as the short-grained rice.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:8, Inflammation Score:-5, Nutrition Score:17.586521965006%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 475.8kcal (23.79%), Fat: 35.13g (54.05%), Saturated Fat: 3.59g (22.47%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 25.18g (9.15%), Sugar: 0.83g (0.92%), Cholesterol: 29.69mg (9.9%), Sodium: 619.5mg (26.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.33%), Vitamin B12: 5.14µg (85.66%), Vitamin K: 75µg (71.43%), Selenium: 27.13µg (38.75%), Vitamin E: 4.67mg (31.1%), Copper: 0.59mg (29.48%), Zinc: 3.81mg (25.42%), Manganese: 0.42mg (20.85%), Phosphorus: 156.98mg (15.7%), Magnesium: 40.22mg (10.06%), Vitamin C: 8mg (9.69%), Folate: 37.02µg (9.26%), Vitamin B6: 0.18mg (9%), Vitamin B3: 1.56mg (7.78%), Vitamin B1: 0.11mg (7.57%), Iron: 1.05mg (5.86%), Vitamin B5: 0.48mg (4.84%), Fiber: 1.2g (4.81%), Calcium: 48.1mg (4.81%), Potassium: 164.3mg (4.69%), Vitamin A: 194.59IU (3.89%), Vitamin B2: 0.06mg (3.65%)