



Crab Balls

READY IN



45 min.

SERVINGS



24

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 24 servings pepper black freshly ground
- ☐ 2 slices bread
- ☐ 0.5 cup dill pickle chips chopped
- ☐ 1 eggs beaten
- ☐ 1 tablespoon parsley leaves fresh finely chopped
- ☐ 0.3 cup garlic powder
- ☐ 0.3 cup heavy cream
- ☐ 24 servings juice of lemon fresh

- ☐ 1 pound lump crab meat
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon mayonnaise
- ☐ 24 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 cup salt
- ☐ 1 teaspoon seasoning salt
- ☐ 1 onion white chopped
- ☐ 1 tablespoon worcestershire sauce

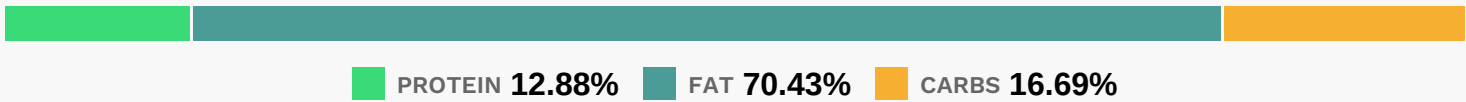
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ In a heavy, deep pot, preheat peanut oil to 365 degrees F.
- ☐ For the Tartar Sauce, combine all ingredients into a food processor and blend to achieve desired chunkiness, adjust seasoning and chill until ready to use.
- ☐ For the Crab Balls: In a large bowl, moisten bread crumbs with heavy cream.
- ☐ Mix in remaining ingredients. Shape into balls about the size of a walnut. Fry in oil until brown, about 5 minutes per batch.
- ☐ Serve Crab Balls while hot, with tartar sauce. Balls can also be made ahead of time and reheated.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:7.4643477875253%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 149.01kcal (7.45%), Fat: 11.96g (18.4%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.25g (1.91%), Sugar: 1.05g (1.17%), Cholesterol: 22.66mg (7.55%), Sodium: 5083.65mg (221.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Vitamin B12: 1.73µg (28.91%), Vitamin K: 23.88µg (22.74%), Manganese: 0.41mg (20.43%), Selenium: 9.21µg (13.16%), Copper: 0.24mg (11.94%), Vitamin C: 7.9mg (9.57%), Zinc: 1.33mg (8.89%), Phosphorus: 69.81mg (6.98%), Vitamin E: 0.89mg (5.94%), Vitamin B6: 0.1mg (4.89%), Magnesium: 18.92mg (4.73%), Fiber: 1.12g (4.49%), Folate: 17.8µg (4.45%), Iron: 0.76mg (4.21%), Potassium: 146.04mg (4.17%), Calcium: 36.45mg (3.65%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.22mg (2.21%), Vitamin B3: 0.42mg (2.1%), Vitamin A: 104.59IU (2.09%)