



Crab Burgers

READY IN



40 min.

SERVINGS



40

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz crab meat drained canned
- 4 oz philadelphia cream cheese softened ()
- 1 eggs
- 2 Tbsp cilantro leaves fresh chopped
- 3 Tbsp parsley fresh chopped
- 0.3 tsp ground cumin
- 6 hamburger buns
- 6 singles kraft
- 6 lettuce leaves

- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp oil
- 6 pimento-stuffed olives green halved
- 1 large bell pepper red cut into 6 lengthwise strips, then cut crosswise in half
- 0.8 cup saltines crushed finely
- 1 tomatoes cut into 6 slices

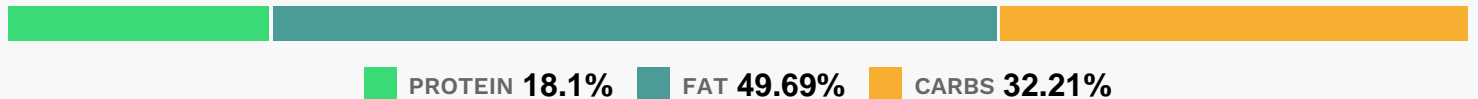
Equipment

- frying pan
- paper towels

Directions

- Mix first 6 ingredients until well blended; shape into 6 patties.
- Heat oil in large skillet on medium heat.
- Add crab patties, in batches, if necessary; cook 3 to 5 min. on each side or until golden brown on both sides.
- Remove from skillet; drain on paper towels.
- Mix mayo and cilantro; spread onto buns. Fill with lettuce, tomatoes, crab burgers and Singles.
- Cut notch in wide end of each pepper strip.
- Place 2 on opposite sides of each sandwich to resemble the crab's claws.
- Add olives for the eyes.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:3.7843478471041%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 61.23kcal (3.06%), Fat: 3.37g (5.19%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.91g (1.01%), Cholesterol: 16.01mg (5.34%), Sodium: 127.24mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin A: 497.13IU (9.94%), Selenium: 6.19µg (8.85%), Vitamin K: 9.21µg (8.77%), Vitamin C: 7.07mg (8.57%), Vitamin B12: 0.32µg (5.26%), Folate: 17.2µg (4.3%), Copper: 0.08mg (4.18%), Phosphorus: 37.85mg (3.79%), Manganese: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.66%), Vitamin B3: 0.67mg (3.35%), Vitamin B2: 0.05mg (3.17%), Vitamin E: 0.47mg (3.1%), Zinc: 0.44mg (2.95%), Iron: 0.45mg (2.5%), Calcium: 24.59mg (2.46%), Vitamin B6: 0.04mg (2.03%), Potassium: 62.96mg (1.8%), Magnesium: 6.81mg (1.7%), Vitamin B5: 0.14mg (1.44%), Fiber: 0.34g (1.37%)