



Crab Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups breadcrumbs soft
- ☐ 1 pound crab meat fresh
- ☐ 1 large eggs
- ☐ 3 muffins split english
- ☐ 0.5 bell pepper green chopped
- ☐ 6 lettuce leaves
- ☐ 0.3 cup mayonnaise light
- ☐ 1 small onion chopped

- ☐ 6 servings garnish: parsley sprigs fresh italian
- ☐ 0.3 teaspoon pepper
- ☐ 6 servings roasted pepper sauce red
- ☐ 0.3 teaspoon salt

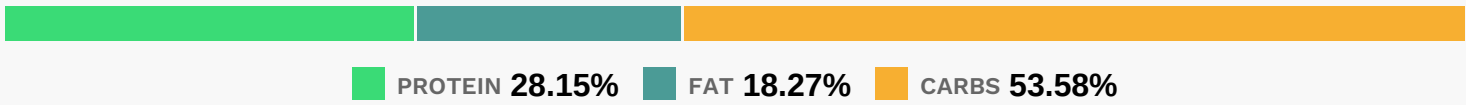
Equipment

- ☐ frying pan

Directions

- ☐ Drain and flake crabmeat, removing any bits of shell.
- ☐ Stir together crabmeat and next 7 ingredients. Shape into 6 (3 1/2-inch) patties. Chill 1 hour.
- ☐ Cook patties in a nonstick skillet coated with cooking spray over medium-high heat 5 minutes on each side or until lightly browned.
- ☐ Place lettuce on muffin halves. Top with crab burgers; spoon Roasted Red Pepper Sauce over burgers.
- ☐ Garnish, if desired; serve with tomato wedges.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:9.57, Inflammation Score:-9, Nutrition Score:27.468260780625%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 326.29kcal (16.31%), Fat: 6.5g (9.99%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 39.69g (14.43%), Sugar: 3.71g (4.13%), Cholesterol: 64.74mg (21.58%), Sodium: 1262.84mg (54.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.03%), Vitamin B12: 7.02µg (116.92%), Vitamin K:

75.6µg (72%), Selenium: 39.69µg (56.69%), Vitamin A: 2228.36IU (44.57%), Copper: 0.85mg (42.67%), Zinc: 5.46mg (36.42%), Vitamin B1: 0.48mg (31.69%), Phosphorus: 296.21mg (29.62%), Vitamin C: 24.26mg (29.41%), Manganese: 0.58mg (29.01%), Folate: 105.33µg (26.33%), Vitamin B3: 3.89mg (19.45%), Iron: 3.14mg (17.45%), Vitamin B2: 0.29mg (17.29%), Magnesium: 67.29mg (16.82%), Calcium: 139.56mg (13.96%), Fiber: 3.16g (12.65%), Vitamin B6: 0.25mg (12.47%), Potassium: 383.17mg (10.95%), Vitamin B5: 0.77mg (7.67%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.17µg (1.11%)