



WHATSheATE



HEALTH SCORE

59%

Crab Burgers with Celery Root Remoulade Slaw



Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



1588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 4 pieces boston lettuce
- ☐ 4 servings vegetables oil for frying
- ☐ 0.5 teaspoon cayenne
- ☐ 2 pounds celery root peeled quartered
- ☐ 1 teaspoon celery salt
- ☐ 1 tablespoon chili powder

- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon garlic powder
- ☐ 1 large heirloom tomatoes sliced
- ☐ 1 teaspoon hot sauce
- ☐ 1 juice of lemon juiced
- ☐ 1 pound lump crab meat picked over for shells
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 cups milk
- ☐ 1 teaspoon ground mustard
- ☐ 1 teaspoon onion powder
- ☐ 2.5 cups panko bread crumbs
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup parsley leaves italian chopped
- ☐ 2 tablespoons pepper sauce hot recommended: Crystal
- ☐ 2 large onions red sliced into rings
- ☐ 4 servings salt
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 2 tablespoons scallions white thinly sliced
- ☐ 2 cups self-rising flour
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 4 kaiser rolls
- ☐ 2 tablespoons butter unsalted room temperature
- ☐ 1 cup vegetable oil for frying
- ☐ 1 teaspoon pepper white

- ☐ 0.5 teaspoon worcestershire sauce

Equipment

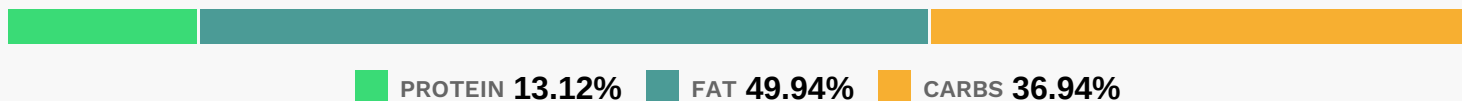
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven
- ☐ grater
- ☐ box grater

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, whisk mayonnaise, egg, scallions, Worcestershire sauce, dry mustard, hot sauce, and salt and pepper, to taste. Fold in the crabmeat and 1 cup of the bread crumbs until just combined. Line a baking sheet with parchment paper. Divide the mixture into 4 equal portions and form into patties.
- ☐ Put the patties on the baking sheet, cover with plastic wrap and refrigerate for at least 30 minutes to firm up.
- ☐ Meanwhile make the slaw: In a small bowl, whisk the mayonnaise, sour cream, vinegar, Dijon, lemon juice, paprika, cayenne, parsley and salt and pepper, taste. Using the grater attachment on the food processor or a box grater, grate the celery root. Work quickly so that the root doesn't turn brown.

- ☐ Transfer to a medium bowl, add pour the dressing over the celery root. Toss to combine and refrigerate for at least 10 minutes before serving.
- ☐ Remove the crab patties from the refrigerator.
- ☐ Place the remaining bread crumbs in a shallow dish. Dredge the patties in the bread crumbs and pat along the edges.
- ☐ Heat the oil in a 12-inch cast iron skillet over medium-high heat until the oil is hot but not smoking.
- ☐ Place the patties into the oil and cook about 3 minutes per side.
- ☐ Transfer to paper towel lined plate to drain. Season the patties with salt while they are still warm.
- ☐ Place on baking sheet to hold in a preheated 250 degree oven while you toast the buns.
- ☐ Slice the kaiser rolls in half, butter, put on a sheet pan and toast under the broiler.
- ☐ To assemble the burgers, place a patty on the bottom half of each bun and top with the Celery Root Slaw, a piece of lettuce and a tomato slice. Cover with the other half of the bun and serve with Rajun' Cajun Onion Rings.
- ☐ In a large bowl, whisk together the sour cream, the milk and the hot sauce.
- ☐ Add the onion rings and set aside while you season the flour. In a large baking dish or pie plate, combine the celery salt, onion powder, garlic powder, mustard powder, paprika, chili powder, white pepper, salt and the flour.
- ☐ Heat about 3 inches of oil to 350 degrees F in a large Dutch oven.
- ☐ Remove the onion rings from the liquid mixture and dredge in the flour mixture. Repeat the process to double coat the rings.
- ☐ Place the onion rings into the oil in batches and fry until golden brown and crispy, about 5 minutes.
- ☐ Drain the onion rings on a paper towel lined plate and season with salt while still hot, then transfer to a serving platter.

Nutrition Facts



Properties

Glycemic Index:145.25, Glycemic Load:61.76, Inflammation Score:-10, Nutrition Score:58.033912783084%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 13.55mg, Apigenin: 13.55mg, Apigenin: 13.55mg, Apigenin: 13.55mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg, Quercetin: 12.22mg

Nutrients (% of daily need)

Calories: 1587.74kcal (79.39%), Fat: 88.59g (136.29%), Saturated Fat: 25.68g (160.53%), Carbohydrates: 147.42g (49.14%), Net Carbohydrates: 135.6g (49.31%), Sugar: 23.62g (26.24%), Cholesterol: 207.61mg (69.2%), Sodium: 3429.68mg (149.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.38g (104.77%), Vitamin K: 272.13µg (259.17%), Vitamin B12: 11.25µg (187.53%), Selenium: 93.8µg (134%), Iron: 17.18mg (95.46%), Phosphorus: 911.72mg (91.17%), Copper: 1.57mg (78.34%), Manganese: 1.56mg (78.21%), Zinc: 10.09mg (67.25%), Vitamin C: 52.16mg (63.23%), Vitamin A: 3010.21IU (60.2%), Calcium: 522.96mg (52.3%), Vitamin B1: 0.75mg (49.85%), Vitamin B2: 0.84mg (49.4%), Potassium: 1700.76mg (48.59%), Vitamin B6: 0.95mg (47.72%), Fiber: 11.82g (47.27%), Magnesium: 185.28mg (46.32%), Folate: 175.8µg (43.95%), Vitamin E: 6.25mg (41.65%), Vitamin B3: 7.02mg (35.12%), Vitamin B5: 2.9mg (29.05%), Vitamin D: 1.45µg (9.7%)