



Crab Burgers with Tiger Slaw

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces apples shredded
- 24 brioche buns
- 8 ounces carrots shredded
- 0.5 teaspoon chili sauce
- 3 cups chili sauce
- 3 cups rice cooked
- 5 pounds surimi crab sticks
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- 8 ounces daikon shredded
- 1 teaspoon dijon mustard
- 0.5 carton egg mix
- 6 cloves garlic peeled
- 0.5 cup ginger fresh diced peeled
- 1.5 cups grapeseed oil
- 1 pound cabbage shredded green
- 2 cups green onions sliced
- 3 leaves kaffir lime leaves
- 6 kaffir lime leaves
- 3 stalks lemongrass white softened
- 4 ounces mangos shredded
- 0.5 cup mayonnaise
- 4 bags panko bread crumbs plus more for dredging
- 8 ounces cabbage shredded red
- 2 cups seasoned rice wine vinegar
- 4 shallots peeled
- 0.3 teaspoon pepper white chinese
- 4 tablespoons sambal
- 4 tablespoons sambal

Equipment

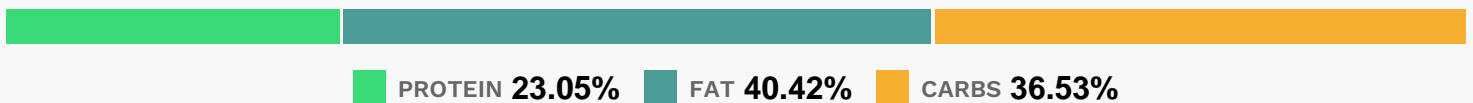
- bowl
- blender

Directions

- Watch how to make this recipe.
- For the lemongrass paste: Process the ginger, garlic, lime leaves, shallots and lemongrass in a processor.

- Place the vinegar, oil, 2 tablespoons of the lemongrass paste, the mustard, chili sauce pepper and lime leaves in blender and puree until emulsified.
- Mix the cabbages, carrots, daikon, apples and mango together. Toss with the vinaigrette.
- Drain the crab.
- Place in a large bowl.
- Add the rice and panko and fold in.
- Mix the chili sauce, mayonnaise, sambal, egg and 1 cup of the lemongrass paste.
- Add to the crab.
- Add the green onions and, folding gently, completely combine. Form into 24 patties. Dredge them in additional panko.
- Place the crab burgers in a fryer set at 350 degrees F and cook, in batches, until golden and crispy, 3 to 4 minutes. Toast the buns.
- Place a crab burger on each heel (bottom bun) and top with chili sauce. Top with the slaw and cover with the crown (top bun).

Nutrition Facts



Properties

Glycemic Index:26.69, Glycemic Load:7.72, Inflammation Score:-9, Nutrition Score:23.670000016689%

Flavonoids

Cyanidin: 19.91mg, Cyanidin: 19.91mg, Cyanidin: 19.91mg, Cyanidin: 19.91mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 636.18kcal (31.81%), Fat: 28.45g (43.77%), Saturated Fat: 12.29g (76.83%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 55.24g (20.09%), Sugar: 7.97g (8.85%), Cholesterol: 219.41mg (73.14%), Sodium:

1201.63mg (52.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.01%), Selenium: 41.76µg (59.65%), Vitamin A: 2834.57IU (56.69%), Vitamin B3: 11.08mg (55.4%), Vitamin B6: 0.92mg (46.01%), Vitamin K: 46.44µg (44.23%), Vitamin B12: 2.33µg (38.83%), Vitamin C: 27.43mg (33.25%), Phosphorus: 304.37mg (30.44%), Potassium: 716.23mg (20.46%), Copper: 0.35mg (17.71%), Manganese: 0.35mg (17.34%), Vitamin B5: 1.66mg (16.63%), Zinc: 2.33mg (15.56%), Magnesium: 55.03mg (13.76%), Vitamin E: 2mg (13.32%), Iron: 2.28mg (12.69%), Folate: 43.55µg (10.89%), Fiber: 2.6g (10.42%), Calcium: 103.75mg (10.38%), Vitamin B2: 0.17mg (10.18%), Vitamin B1: 0.15mg (9.76%)