



Crab Cake Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 servings commercial coleslaw
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.8 cup italian-seasoned breadcrumbs

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound lump crab meat flaked
- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 6 onion sandwich buns
- ☐ 6 servings tartar sauce

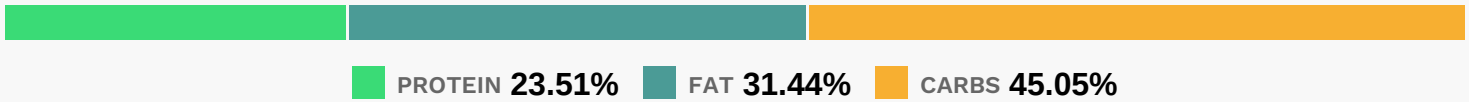
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 8 ingredients; gently fold in crabmeat. Shape crab mixture into 6 patties; dredge in 1/3 cup breadcrumbs. Cover and chill 1 hour.
- ☐ Melt butter in a large nonstick skillet over medium-high heat; cook crab cakes, in batches, 3 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve on buns with Tartar Sauce and coleslaw.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:25.062608667042%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 409.16kcal (20.46%), Fat: 14.07g (21.65%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 42.88g (15.59%), Sugar: 2.49g (2.77%), Cholesterol: 65.91mg (21.97%), Sodium: 1497.32mg (65.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.35%), Vitamin B12: 6.96µg (116.08%), Selenium: 58.06µg (82.94%), Copper: 0.85mg (42.67%), Vitamin K: 42.35µg (40.33%), Zinc: 5.48mg (36.55%), Vitamin B1: 0.52mg (34.42%), Folate: 119.24µg (29.81%), Phosphorus: 280.85mg (28.08%), Manganese: 0.51mg (25.33%), Vitamin B3: 4.62mg (23.1%), Vitamin B2: 0.36mg (20.94%), Iron: 3.62mg (20.13%), Magnesium: 64.78mg (16.19%), Calcium: 137.37mg (13.74%), Vitamin C: 8.97mg (10.87%), Fiber: 2.48g (9.91%), Vitamin B6: 0.19mg (9.5%), Vitamin A: 448.61IU (8.97%), Potassium: 294.04mg (8.4%), Vitamin B5: 0.78mg (7.83%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.18µg (1.2%)