



## Crab Cakes

READY IN



30 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 oz crab meat flaked drained canned
- 1 eggs
- 2 green onions sliced
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup parmesan shredded kraft
- 0.3 cup classic ranch dressing kraft
- 1 cup ritz crackers crushed

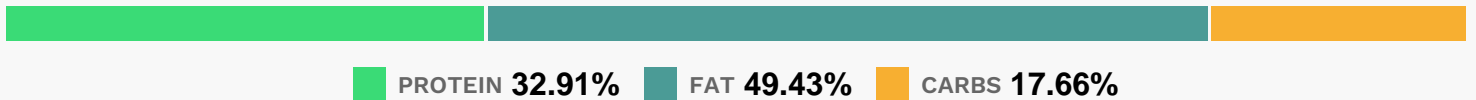
## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Heat oven to 375F.
- Whisk egg and dressing in large bowl until well blended.
- Add crabmeat; mix well. Gently stir in remaining ingredients.
- Let stand 3 min.
- Shape into 24 cakes, using about 1 Tbsp. crabmeat mixture for each.
- Place in single layer on baking sheet sprayed with cooking spray.
- Bake 5 to 7 min. on each side or until heated through and golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:3.03, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3621739006561%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 34.61kcal (1.73%), Fat: 1.87g (2.87%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.29g (0.32%), Cholesterol: 17.73mg (5.91%), Sodium: 119.52mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Selenium: 5.73µg (8.19%), Vitamin B12: 0.41µg (6.79%), Vitamin K: 5.41µg (5.15%), Copper: 0.1mg (4.86%), Phosphorus: 46.67mg (4.67%), Zinc: 0.5mg (3.34%), Calcium: 28.53mg (2.85%), Vitamin E: 0.35mg (2.33%), Folate: 8.6µg (2.15%), Vitamin B3: 0.42mg (2.1%), Vitamin B2: 0.03mg (1.69%), Vitamin B5: 0.16mg (1.65%), Magnesium: 5.41mg (1.35%), Vitamin B6: 0.02mg (1.19%), Manganese: 0.02mg (1.11%), Iron: 0.2mg (1.11%), Potassium: 38.59mg (1.1%)