



Crab Cakes

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs fresh grated
- 0.8 teaspoon crab seasoning
- 1 pound chesapeake bay crabmeat
- 1 eggs beaten
- 0.5 teaspoon ground pepper black
- 0.5 cup mayonnaise
- 0.5 cup onion diced
- 0.3 teaspoon worcestershire sauce

2 teaspoons mustard yellow

Equipment

frying pan

mixing bowl

Directions

Put crabmeat in mixing bowl.

Add beaten egg.

Mix lightly.

Add remaining ingredients in order listed. Form the crab cake mixture into the desired size. Fry in skillet with vegetable oil on medium to high heat (about 1/2-inch of oil in bottom of skillet). Fry on one side until golden brown and turn over on other side to get the same.

Nutrition Facts

PROTEIN 25.6% **FAT 52.91%** **CARBS 21.49%**

Properties

Glycemic Index:23.5, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:17.721304566964%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 279.75kcal (13.99%), Fat: 16.16g (24.86%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.59g (4.94%), Sugar: 1.87g (2.08%), Cholesterol: 66.87mg (22.29%), Sodium: 914.93mg (39.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Vitamin B12: 6.95µg (115.91%), Selenium: 35.4µg (50.56%), Copper: 0.76mg (38.15%), Zinc: 4.93mg (32.84%), Vitamin K: 34µg (32.38%), Phosphorus: 220.21mg (22.02%), Folate: 59.95µg (14.99%), Vitamin B1: 0.22mg (14.78%), Manganese: 0.26mg (12.89%), Magnesium: 48.86mg (12.22%), Vitamin B3: 2.07mg (10.34%), Iron: 1.66mg (9.2%), Vitamin B2: 0.15mg (8.7%), Vitamin B6: 0.17mg (8.5%), Calcium: 80.93mg (8.09%), Vitamin C: 6.35mg (7.69%), Potassium: 231.25mg (6.61%), Vitamin B5: 0.53mg (5.32%), Vitamin E: 0.72mg (4.78%), Fiber: 1.18g (4.72%), Vitamin A: 79.02IU (1.58%), Vitamin D: 0.18µg (1.23%)