

Crab Cakes

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs
- ☐ 3 tablespoons grapeseed oil
- ☐ 1 teaspoon hot sauce (recommended: Tabasco)
- ☐ 1 teaspoon gingerroot juice
- ☐ 1 juice of lemon juiced
- ☐ 1 pound lump crab
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)

☐

2 teaspoons seafood seasoning (recommended: Old Bay Seasoning)

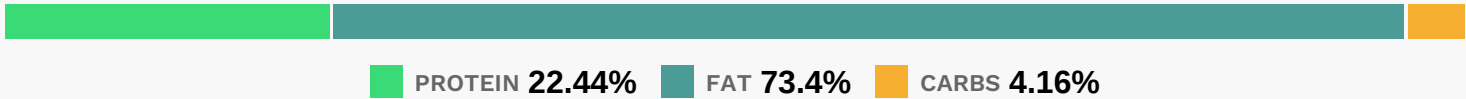
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, thoroughly mix the egg, seafood seasoning, mayonnaise, breadcrumbs, ginger juice or powder, hot sauce, lemon juice, and oil.
- ☐ Add the crab and blend into the mixture, being careful not to break up the lumps of meat. Refrigerate for 30 minutes to 1 hour.
- ☐ Portion the crab into 2-ounce cakes and lightly dust with flour.
- ☐ Heat a skillet over medium heat with the oil.
- ☐ Add the cakes and saute until golden brown, 2 to 3 minutes. Flip and cook on the second side until golden brown, 2 to 3 minutes. Repeat the process until all the cakes have been cooked.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:6.1717391674933%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 103.61kcal (5.18%), Fat: 8.37g (12.87%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.2g (0.22%), Cholesterol: 25.08mg (8.36%), Sodium: 298.93mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Vitamin B12: 2.59µg (43.13%), Selenium: 11.58µg (16.54%), Copper: 0.27mg (13.48%), Vitamin K: 13.5µg (12.86%), Zinc: 1.76mg (11.7%), Phosphorus: 71.17mg (7.12%), Vitamin E: 1.02mg (6.81%), Folate: 15.85µg (3.96%), Magnesium: 15.4mg (3.85%), Vitamin C: 2.93mg (3.55%),

Vitamin B6: 0.05mg (2.68%), Iron: 0.37mg (2.04%), Potassium: 69.18mg (1.98%), Calcium: 19.5mg (1.95%), Vitamin B3: 0.39mg (1.93%), Manganese: 0.04mg (1.88%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.16mg (1.61%)