



WHATSheATE



HEALTH SCORE

59%

Crab Cakes



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons crab boil seasoning (recommended: Old Bay)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 3 pounds lump crab meat fresh canned (or an equal amount of lump crabmeat)
- ☐ 3 tablespoons oats (regular or quick-cooking)
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried

☐ 3 tablespoons seasoned bread crumbs dry

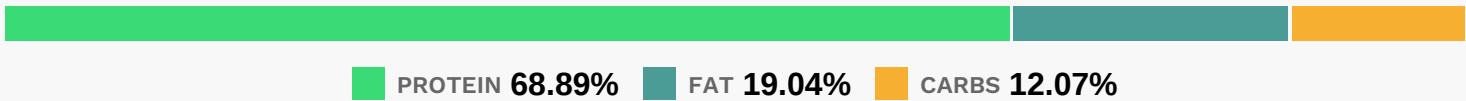
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ In a large bowl, combine crabmeat, sour cream, oats, bread crumbs, Dijon mustard, crab boil, oregano, and black pepper. Gently mix ingredients together, being careful not to break up crabmeat.
- ☐ Take 1/3 of the mixture and shape into 4 crabcakes, each about 1-inch thick. Freeze (up to 3 months) or refrigerate remainder of filling (up to 24 hours) for another use.
- ☐ Heat oil in a large, oven-proof skillet.
- ☐ Add crab cakes and saute 2 to 3 minutes per side, until golden brown.
- ☐ Transfer pan to oven and bake 20 minutes, until crab cakes are cooked through.
- ☐ Serve 4 cakes for this meal and reserve remaining crab cakes for later in the week.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:35.035217373267%

Nutrients (% of daily need)

Calories: 394.87kcal (19.74%), Fat: 8.01g (12.32%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.08g (3.66%), Sugar: 0.64g (0.71%), Cholesterol: 153.02mg (51.01%), Sodium: 3010.02mg (130.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.18g (130.37%), Vitamin B12: 30.76µg (512.74%), Selenium: 129.24µg (184.63%), Copper: 3.19mg (159.63%), Zinc: 20.72mg (138.14%), Phosphorus: 803.63mg (80.36%), Magnesium: 184.49mg (46.12%), Folate: 165.74µg (41.43%), Vitamin C: 24.39mg (29.57%), Vitamin B6:

0.55mg (27.59%), Manganese: 0.48mg (24.01%), Calcium: 231.96mg (23.2%), Potassium: 808.96mg (23.11%), Vitamin B3: 4.34mg (21.72%), Iron: 3.13mg (17.4%), Vitamin B1: 0.26mg (17.39%), Vitamin K: 14.5µg (13.81%), Vitamin B2: 0.23mg (13.29%), Vitamin B5: 1.31mg (13.07%), Fiber: 1.34g (5.38%), Vitamin A: 222.7IU (4.45%), Vitamin E: 0.53mg (3.53%)