



Crab Cakes

READY IN



40 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch pepper black
- ☐ 1 tablespoon capers chopped
- ☐ 0.5 teaspoon crab boil seasoning recommended: Old Bay
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 cup bread crumbs dry
- ☐ 1 eggs lightly beaten
- ☐ 1 Dash hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound lump crab picked over

- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup toppings: such as pickles sour finely chopped
- ☐ 6 tablespoons nonfat yogurt plain
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 scallion finely chopped
- ☐ 1 scallion green finely chopped
- ☐ 1 teaspoon worcestershire sauce

Equipment

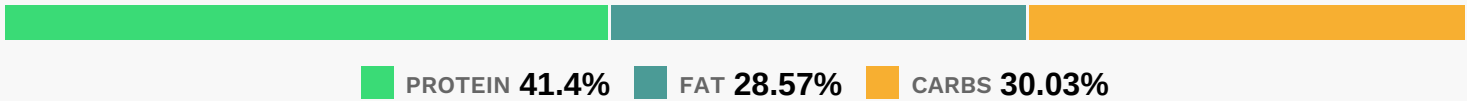
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F. Coat a baking sheet with nonstick cooking spray.
- ☐ In a medium bowl mix together the egg, mustard, Worcestershire sauce, lemon juice, crab boil seasoning, and hot sauce. Stir in the bell pepper and scallion. Gently fold in the crab, 1/4 cup of the bread crumbs, salt and pepper.
- ☐ Put the remaining bread crumbs in a shallow dish.
- ☐ Divide the crab mixture into 8 mounds. Shape each mound into a round and coat in bread crumbs.
- ☐ Transfer to the prepared baking sheet and flatten the crab cake to form a patty about 1-inch high. Repeat to form the remaining crab cakes.
- ☐ Bake until golden on the bottom, about 10 minutes. Gently flip the crab cakes and cook until the second side is golden, 5 to 10 minutes longer.
- ☐ Serve crab cakes with tartar sauce alongside.
- ☐ Spoon yogurt into a small bowl lined with paper towels.

Place in the refrigerator until some of the liquid from the yogurt is released, about 30 minutes.
Scoop thickened yogurt into a small bowl, add the rest of the ingredients and stir to combine.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:25.878695819689%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 268kcal (13.4%), Fat: 8.33g (12.81%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 17.93g (6.52%), Sugar: 4.97g (5.53%), Cholesterol: 92.09mg (30.7%), Sodium: 1501.82mg (65.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.29%), Vitamin B12: 10.57µg (176.1%), Selenium: 51.96µg (74.22%), Copper: 1.14mg (56.84%), Zinc: 7.6mg (50.66%), Vitamin C: 35.15mg (42.61%), Phosphorus: 365.17mg (36.52%), Vitamin K: 30.27µg (28.83%), Folate: 95.66µg (23.92%), Magnesium: 78.31mg (19.58%), Vitamin B1: 0.29mg (19.29%), Calcium: 172.99mg (17.3%), Vitamin B2: 0.29mg (16.79%), Vitamin A: 765.29IU (15.31%), Manganese: 0.3mg (14.93%), Vitamin B6: 0.3mg (14.9%), Vitamin B3: 2.91mg (14.54%), Potassium: 452.49mg (12.93%), Iron: 2.32mg (12.88%), Vitamin B5: 0.96mg (9.63%), Fiber: 1.77g (7.06%), Vitamin E: 0.74mg (4.91%), Vitamin D: 0.23µg (1.56%)