



food
network

Crab Cakes

READY IN



45 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula washed and trimmed
- ☐ 2 bay leaves
- ☐ 5 ounces sourdough bread crumbs fresh
- ☐ 12 ounces dungeness crabmeat cooked
- ☐ 1 egg white
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 juice of orange juiced
- ☐ 2 tablespoons mayonnaise

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper to taste
- ☐ 1 shallots minced
- ☐ 1 tablespoon cooking sherry
- ☐ 4 tomatoes peeled seeded chopped
- ☐ 4 tablespoons butter unsalted divided
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 tablespoon sambal
- ☐ 0.5 tablespoon sambal

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

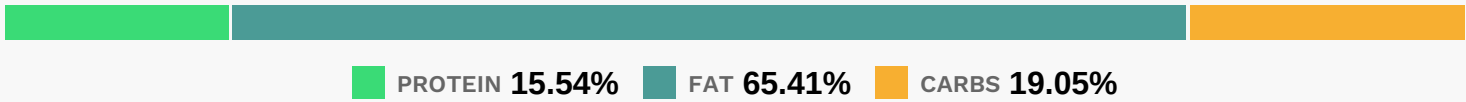
Directions

- ☐ In a mixing bowl, combine the crab meat with the bread crumbs.
- ☐ Add the egg white, mayonnaise, sambal, chives, and lemon juice. Season with salt and pepper. Fold the ingredients gently but thoroughly, taking care not to mash the crabmeat. Shape the mixture into 4 uniform patties; they should be moist and just hold together.
- ☐ Coat a skillet with vegetable oil and place over medium heat. Fry the crab cakes until browned, about 4 minutes each side.
- ☐ Serve immediately on a bed of arugula with Brown Butter-Tomato Vinaigrette.
- ☐ Melt 2 tablespoons butter in a skillet over medium heat. When foam subsides, add the shallot and bay leaves. Cook for 1 minute to soften the shallots.
- ☐ Add the remaining butter and continue to cook until the butter begins to brown, about 3 minutes.
- ☐ Add the tomatoes, orange juice, chives, and sherry. Cook for 2 more minutes just to break down the tomatoes.
- ☐ Whisk in the olive oil, season with salt and pepper.

☐

Remove from heat and serve warm with Crab Cakes.

Nutrition Facts



Properties

Glycemic Index:85.63, Glycemic Load:16.72, Inflammation Score:-9, Nutrition Score:30.398260914761%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 575kcal (28.75%), Fat: 42.17g (64.88%), Saturated Fat: 11.76g (73.52%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 24.63g (8.96%), Sugar: 7.56g (8.4%), Cholesterol: 68.76mg (22.92%), Sodium: 1191.83mg (51.82%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 22.54g (45.08%), Vitamin B12: 7.69µg (128.22%), Vitamin K: 83.31µg (79.34%), Selenium: 43.1µg (61.56%), Copper: 0.95mg (47.68%), Vitamin C: 38.84mg (47.08%), Vitamin A: 2168.87IU (43.38%), Zinc: 5.85mg (38.98%), Folate: 137.76µg (34.44%), Phosphorus: 282.13mg (28.21%), Vitamin E: 4.22mg (28.11%), Vitamin B1: 0.37mg (24.55%), Manganese: 0.48mg (24.2%), Magnesium: 85.48mg (21.37%), Potassium: 693.84mg (19.82%), Vitamin B3: 3.57mg (17.84%), Vitamin B2: 0.28mg (16.7%), Iron: 2.9mg (16.12%), Vitamin B6: 0.32mg (16.08%), Calcium: 126.3mg (12.63%), Fiber: 3.01g (12.04%), Vitamin B5: 0.75mg (7.54%), Vitamin D: 0.22µg (1.49%)