

Crab Cakes

READY IN



45 min.

SERVINGS



10

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups breadcrumbs fresh
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 tablespoons dijon mustard
- ☐ 2 large egg yolks
- ☐ 2 green onions finely chopped scallions
- ☐ 2 pounds lump crab meat
- ☐ 0.5 cup mayonnaise
- ☐ 1 bell pepper red finely chopped
- ☐ 2 teaspoons seafood seasoning such as old bay

- ☐ 10 servings vegetable oil for frying
- ☐ 1 dash worcestershire sauce

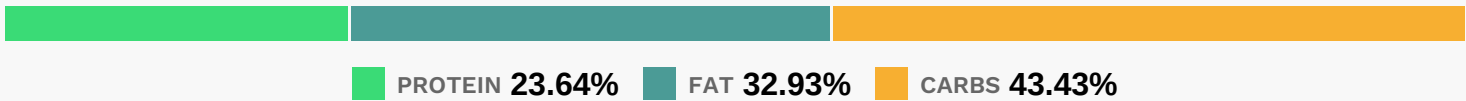
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Mix together the mayonnaise, mustard, seafood seasoning, cayenne, Worcestershire sauce, bell peppers, green onions and egg yolks. Gently stir in the crabmeat.
- ☐ Put the breadcrumbs on a cookie sheet. Mold the crab cake with one hand and pat the cake with bread crumbs using the other hand. Form into 10 crab cakes, 3 inches wide and 1/2-inch thick. Each cake will need 3/4 cup bread crumbs.
- ☐ Heat 4 cups of oil in a 12-inch skillet over medium-high heat.
- ☐ Add a single layer of crab cakes and fry in the oil, turning 3 of 4 times until crispy on outside, about 5 minutes on each side.
- ☐ Drain on paper towels. Repeat with the remaining crab cakes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:28.024347579998%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 451.1kcal (22.56%), Fat: 16.23g (24.97%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 44.77g (16.28%), Sugar: 4.72g (5.25%), Cholesterol: 79.53mg (26.51%), Sodium: 1340.77mg (58.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin B12: 8.47µg (141.19%), Selenium: 52.59µg (75.13%), Copper: 1.02mg (50.82%), Vitamin B1: 0.69mg (45.82%), Zinc: 6.5mg (43.36%), Vitamin K: 36.54µg (34.8%), Manganese: 0.69mg (34.38%), Phosphorus: 329.24mg (32.92%), Folate: 122.58µg (30.65%), Vitamin B3: 5.46mg (27.29%), Vitamin C: 22.13mg (26.82%), Iron: 4.06mg (22.58%), Vitamin B2: 0.34mg (19.73%), Magnesium: 76.89mg (19.22%), Calcium: 174.18mg (17.42%), Fiber: 3.41g (13.64%), Vitamin B6: 0.27mg (13.57%), Potassium: 358.29mg (10.24%), Vitamin A: 497.74IU (9.95%), Vitamin B5: 0.84mg (8.45%), Vitamin E: 0.96mg (6.4%), Vitamin D: 0.21µg (1.37%)