



Crab Cakes

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings pepper black freshly ground
- 0.1 teaspoon ground pepper
- 0.3 cup celery diced finely
- 1 tablespoon cilantro leaves finely chopped
- 3 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 tablespoon chives fresh minced
- 1 medium garlic clove minced

- 10 servings kosher salt
- 1 medium optional: lemon for serving cut into wedges,
- 1 tablespoon juice of lemon freshly squeezed
- 1 pound lump crab meat picked over for shells, pulled into bite-size pieces, excess water squeezed out (do not rinse
- 2 cups panko bread crumbs
- 10 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- measuring cup

Directions

- Place 1/4 cup of the aioli, the celery, chives, and cilantro in a medium bowl and stir to combine. Fold in the crabmeat and season with salt and pepper as desired. Using a 1/4-cup measuring cup, scoop 10 portions of the crabmeat mixture and place on a large plate or baking sheet. Wet your hands with warm water and gently pack each portion into 3/4-inch-thick disks (about 2 1/2 inches in diameter).
- Place the flour, eggs, and panko in 3 separate shallow bowls for dredging the cakes. (Keep in mind that without a binder, the cakes will fall apart as you work with them. But don't worry; do your best to re-form them as you go.) First coat the cakes in flour, shaking off any excess. Next coat them with egg, and finally coat them with panko, placing each back on the baking sheet as it is dredged. Line a plate with paper towels; set aside.
- Heat a large frying pan over medium-high heat.
- Add enough oil to just coat the bottom of the pan.
- Place half of the cakes in the pan and cook until golden brown and crisp, about 2 to 3 minutes per side.
- Transfer to the prepared plate. Repeat with the remaining cakes, adding more oil to the pan as needed.

Place 1 or 2 cakes on a plate and top with a spoonful of the remaining aioli.

Serve immediately with a lemon wedge.

Nutrition Facts

PROTEIN 32.08% **FAT 30.01%** **CARBS 37.91%**

Properties

Glycemic Index:30.35, Glycemic Load:3.69, Inflammation Score:-4, Nutrition Score:12.826956406884%

Flavonoids

Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 159.26kcal (7.96%), Fat: 5.25g (8.08%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 13.8g (5.02%), Sugar: 1.18g (1.31%), Cholesterol: 74.85mg (24.95%), Sodium: 685.29mg (29.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.25%), Vitamin B12: 4.26µg (70.96%), Selenium: 26.37µg (37.67%), Copper: 0.48mg (23.85%), Zinc: 3.13mg (20.86%), Phosphorus: 159.13mg (15.91%), Folate: 54.38µg (13.59%), Vitamin B1: 0.2mg (13.14%), Vitamin C: 9.88mg (11.98%), Vitamin B2: 0.17mg (10.16%), Manganese: 0.2mg (10%), Vitamin B3: 1.71mg (8.53%), Iron: 1.5mg (8.32%), Magnesium: 32.31mg (8.08%), Vitamin K: 7.94µg (7.57%), Vitamin B6: 0.13mg (6.39%), Calcium: 57.85mg (5.79%), Vitamin B5: 0.52mg (5.17%), Potassium: 172.81mg (4.94%), Fiber: 1.12g (4.47%), Vitamin E: 0.44mg (2.92%), Vitamin A: 136.2IU (2.72%), Vitamin D: 0.3µg (2%)