

STARTER & SNACK

Crab Cakes

2 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	15 min	50 min	16	\$1.14	104 kcal



If you want to add more dairy free, pescatarian, and ketogenic recipes to your repertoire, Crab Cakes might be a recipe you should try. For \$1.14 per serving, you get a hor d'oeuvre that serves 16. One portion of this dish contains approximately 6g of protein, 8g of fat, and a total of 104 calories.

Ingredients

- ☐ 1 egg
- ☐ 1 teaspoon ground ginger powder
- ☐ 1 teaspoon hot sauce, such as Tabasco
- ☐ 1 pound lump crab, picked
- ☐ ¼ cup panko (Japanese breadcrumbs)
- ☐ 3 tablespoons grapeseed oil, 1 ounce at a time
- ☐ 1 teaspoon ground white pepper
- ☐ 1 Juice of lemon
- ☐ ½ cup mayonnaise
- ☐ 2 teaspoons seafood seasoning, such as Old Bay

EQUIPMENT Frying pan, Mixing bowl

Method

- 1

In a mixing bowl, mix the mayonnaise, panko, seafood seasoning, ground ginger, pepper and egg until thoroughly mixed. Finally, add the crab and blend, being careful not to break up the lumps.
- 2

Let the crab cake mixture refrigerate and bind for 30 minutes to 1 hour. Next, portion the crab into 2 ounce cakes and lightly dust with flour.
- 3

Saute over medium heat in a saute pan with grapeseed oil until golden brown on the first side. Then flip and repeat on the second side. Repeat the process until all the cakes have been cooked. Finish with the lemon juice. Keep refrigerated and covered.

Nutrition per serving			
	104	6 g	8 g
	KCAL	PROTEIN	FAT
			1 g
			CARBS
Saturated Fat			1.2 g · 8% of daily needs
Sugar			0.2 g · 0% of daily needs
Sodium			299 mg · 13% of daily needs
Cholesterol			25.1 mg · 8% of daily needs
Vitamin C			3 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/crab-cakes-147195