

Crab Cakes

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup baking mix bisquick®
- ☐ 1 cup breadcrumbs soft
- ☐ 0.3 cup celery chopped
- ☐ 2 eggs slightly beaten
- ☐ 0.5 cup sauce
- ☐ 14 ounces imitation crab chopped
- ☐ 1 tablespoon butter
- ☐ 0.3 cup onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup bell pepper green red chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce

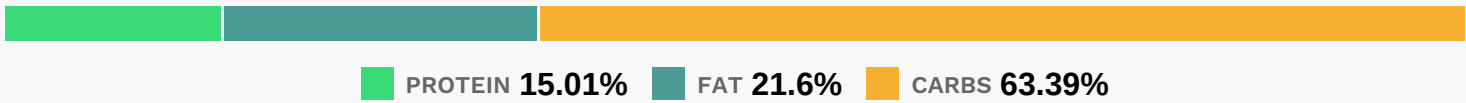
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°. Generously grease 2 cookie sheets. Melt margarine in 10-inch skillet over medium heat. Cook onion, celery and bell peppers in margarine 3 minutes, stirring occasionally; remove from skillet.
- ☐ Mix vegetable mixture and remaining ingredients except cocktail sauce. Shape mixture into 2 dozen 1 1/2-inch patties.
- ☐ Place on cookie sheets.
- ☐ Bake about 12 minutes, turning once, until golden.
- ☐ Serve with cocktail sauce.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.7465217450391%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 62.23kcal (3.11%), Fat: 1.46g (2.24%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 9.08g (3.3%), Sugar: 2.48g (2.76%), Cholesterol: 15.51mg (5.17%), Sodium: 259.63mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Vitamin B1: 0.06mg (4.15%), Selenium: 2.47µg (3.52%), Phosphorus: 31.17mg (3.12%), Manganese: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.86%), Folate: 10.85µg (2.71%), Vitamin C: 1.95mg (2.36%), Iron: 0.39mg (2.19%), Vitamin B3: 0.44mg (2.18%), Fiber: 0.54g (2.15%), Calcium: 16.86mg (1.69%), Vitamin B5: 0.11mg (1.12%), Vitamin A: 55.27IU (1.11%), Copper: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.1%), Vitamin K: 1.08µg (1.03%)