

Crab Cakes

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 1 large eggs
- ☐ 1.3 cups breadcrumbs soft (2 slices bread)
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons spring onion chopped

- ☐ 18 oz crabmeat flaked drained well canned
- ☐ 0.3 cup breadcrumbs plain
- ☐ 2 tablespoons vegetable oil

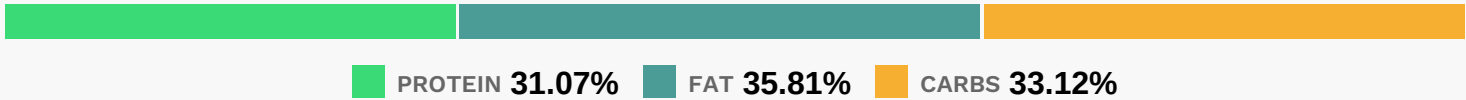
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, mix mayonnaise and egg with wire whisk. Stir in remaining ingredients except plain bread crumbs and oil. Shape mixture into 6 patties, about 3 inches in diameter (mixture will be moist). Coat each patty with plain bread crumbs.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat. Cook patties in oil about 10 minutes, gently turning once, until golden brown and hot in center. Reduce heat if crab cakes become brown too quickly.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:17.943913019222%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 263.27kcal (13.16%), Fat: 10.28g (15.82%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.05g (7.29%), Sugar: 3.19g (3.55%), Cholesterol: 113.5mg (37.83%), Sodium: 915.23mg (39.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.14%), Selenium: 46.82µg (66.89%), Vitamin B12: 3µg (50.01%), Copper: 0.77mg (38.72%), Phosphorus: 265.83mg (26.58%), Zinc: 3.78mg (25.2%), Vitamin K: 22µg (20.96%), Vitamin B3: 4.19mg (20.94%), Folate: 78.1µg (19.52%), Vitamin B1: 0.29mg (19.38%), Manganese: 0.34mg (16.8%), Vitamin E: 2.38mg (15.89%), Calcium: 135.86mg (13.59%), Vitamin B2: 0.23mg (13.49%), Magnesium:

45.71mg (11.43%), Vitamin B5: 1.13mg (11.3%), Iron: 1.98mg (11.01%), Vitamin B6: 0.19mg (9.63%), Potassium: 305.89mg (8.74%), Fiber: 1.34g (5.36%), Vitamin C: 3.32mg (4.03%), Vitamin A: 106.35IU (2.13%), Vitamin D: 0.17µg (1.11%)