



Crab Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 large egg whites
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.3 teaspoon paprika hot
- ☐ 4 lemon wedges
- ☐ 0.3 cup mayonnaise light

- ☐ 1 pound lump crab meat drained
- ☐ 1 teaspoon mustard prepared
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 cup crackers whole wheat crushed (12 crackers)
- ☐ 2 teaspoons worcestershire sauce

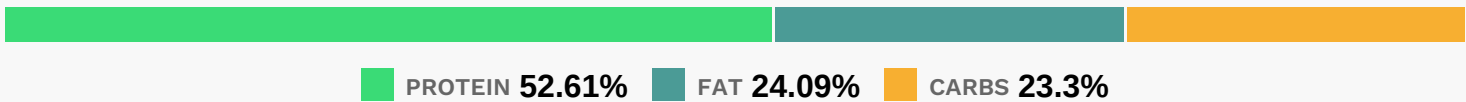
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 12 ingredients in a medium bowl. Divide mixture into 4 equal portions, shaping each into a 1-inch-thick patty.
- ☐ Place patties on a baking sheet coated with cooking spray. Broil 3 inches from heat for 10 minutes or until browned.
- ☐ Serve with lemon wedges.
- ☐ Wine note: Crab and chardonnay are a classic match because crab is meaty, rich, and sweet and chardonnay is buttery, rich, and a touch sweet, too. The key with these crab cakes is choosing a chardonnay that's not so oaky or toasty that it will overwhelm the finesse of the crab. A good simple one is Sonoma Vineyards Chardonnay 2006 from Sonoma County, California (\$15). Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:23.01000031181%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 190.83kcal (9.54%), Fat: 5.08g (7.81%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 9.09g (3.3%), Sugar: 2.39g (2.66%), Cholesterol: 49.87mg (16.62%), Sodium: 1212.76mg (52.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.88%), Vitamin B12: 10.23µg (170.47%), Selenium: 48.06µg (68.66%), Copper: 1.12mg (55.82%), Vitamin C: 45.09mg (54.65%), Zinc: 7.07mg (47.15%), Phosphorus: 294.9mg (29.49%), Vitamin K: 27.74µg (26.42%), Magnesium: 73.39mg (18.35%), Folate: 64.75µg (16.19%), Vitamin B6: 0.28mg (14.04%), Manganese: 0.26mg (13.17%), Vitamin A: 625.09IU (12.5%), Potassium: 418.7mg (11.96%), Vitamin B2: 0.19mg (10.88%), Vitamin B3: 1.88mg (9.41%), Iron: 1.48mg (8.21%), Fiber: 1.96g (7.85%), Calcium: 70.76mg (7.08%), Vitamin B1: 0.09mg (6.3%), Vitamin B5: 0.62mg (6.18%), Vitamin E: 0.74mg (4.92%)