



Crab Cakes

READY IN



20 min.

SERVINGS



2

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs beaten
- ☐ 2 servings lemon wedges
- ☐ 0.5 pound lump crab meat picked over
- ☐ 2 tablespoon mayonnaise
- ☐ 2 tablespoon butter unsalted
- ☐ 2 slices sandwich bread white firm
- ☐ 0.5 teaspoon worcestershire sauce

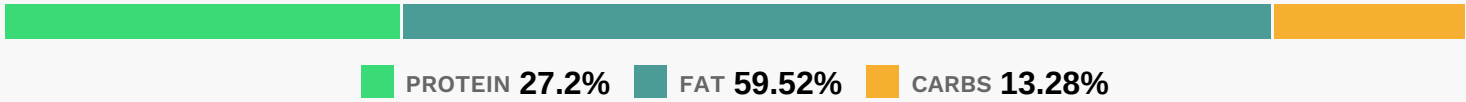
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Tear bread into small pieces into a bowl with crab.
- ☐ Add mayonnaise, Worcestershire sauce, 2 Tbsp egg (discard remainder), and a pinch of salt.
- ☐ Mix together gently but thoroughly, then form into 4 patties (about 3 inches in diameter).
- ☐ Heat butter in a 12-inch heavy skillet over medium heat until foam subsides, then cook crab cakes, turning once, until golden brown, about 6 minutes total.
- ☐ french fries and/or baby greens tossed with lemon vinaigrette.

Nutrition Facts



Properties

Glycemic Index:75.14, Glycemic Load:8.82, Inflammation Score:-6, Nutrition Score:22.46913033983%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 395.53kcal (19.78%), Fat: 25.79g (39.67%), Saturated Fat: 9.92g (62%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 12.35g (4.49%), Sugar: 1.69g (1.88%), Cholesterol: 176.61mg (58.87%), Sodium: 1212.72mg (52.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.02%), Vitamin B12: 10.47µg (174.48%), Selenium: 55.23µg (78.89%), Copper: 1.1mg (55.14%), Zinc: 7.33mg (48.84%), Phosphorus: 333.45mg (33.35%), Vitamin K: 23.94µg (22.8%), Folate: 90.75µg (22.69%), Magnesium: 66.01mg (16.5%), Vitamin B2: 0.23mg (13.68%), Vitamin B1: 0.19mg (12.6%), Calcium: 125.26mg (12.53%), Vitamin B3: 2.47mg (12.37%), Vitamin B6: 0.24mg (11.9%), Iron: 2.06mg (11.47%), Vitamin C: 8.66mg (10.5%), Vitamin A: 522.83IU (10.46%), Manganese: 0.2mg (9.83%), Vitamin B5: 0.96mg (9.56%), Potassium: 314.62mg (8.99%), Vitamin E: 1.1mg (7.36%), Vitamin D: 0.74µg (4.92%), Fiber: 0.6g (2.41%)