



Crab Cakes

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cracker crumbs (12 crackers)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 tablespoons green onions minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings lemon wedges
- ☐ 0.5 teaspoon lemon zest

- ☐ 1 pound lump crab meat
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon seafood seasoning
- ☐ 8 servings vegetable oil
- ☐ 1 teaspoon worcestershire sauce

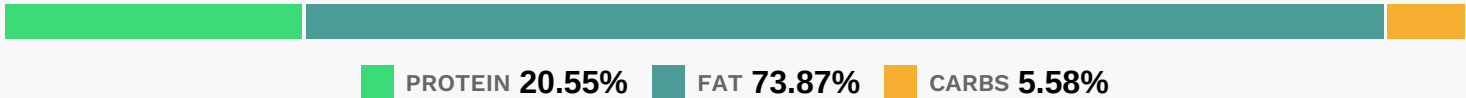
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 10 ingredients in a large bowl, stirring until well blended. Gently fold in crabmeat. Form mixture into 8 crab cakes (about 1/3 cup each). Cover and chill 1 hour or until ready to cook.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Cook crab cakes (in batches, if necessary) 2 to 3 minutes on each side or until golden brown.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:12.743478456269%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 225.55kcal (11.28%), Fat: 18.47g (28.42%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.55g (0.61%), Cholesterol: 48.53mg (16.18%), Sodium: 555.17mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.12%), Vitamin B12: 5.16µg (86.05%), Vitamin K: 38.89µg (37.04%), Selenium: 23.06µg (32.94%), Copper: 0.54mg (26.94%), Zinc: 3.5mg (23.36%), Phosphorus: 149.97mg (15%), Vitamin E: 1.48mg (9.84%), Folate: 32.71µg (8.18%), Magnesium: 30.76mg (7.69%), Vitamin C: 5.83mg (7.07%), Vitamin B6: 0.1mg (5.24%), Iron: 0.79mg (4.4%), Vitamin B3: 0.84mg (4.19%), Potassium: 145.89mg (4.17%), Calcium: 40.98mg (4.1%), Vitamin B2: 0.07mg (3.95%), Manganese: 0.06mg (3.24%), Vitamin B5: 0.32mg (3.22%), Vitamin B1: 0.05mg (3.2%), Vitamin A: 74.71IU (1.49%)