



## Crab Cakes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tsp pepper black
- 3 celery stalks whole
- 10 ounces extra-firm tofu
- 1 tsp kombu
- 10 tbsp vegan mayo fat-free
- 1 tsp old bay seasoning
- 1 small onion whole
- 1.3 cups oyster mushrooms coarsely chopped

- 0.5 tsp salt
- 3 slices bread whole wheat whole

## Equipment

- food processor
- baking sheet
- baking paper
- oven
- mixing bowl
- measuring cup

## Directions

- Preheat oven to 350F. Grease cookie sheet or line with parchment paper and set aside.
- Place tofu in food processor and pulse until coarsely crumbled.
- Transfer to a large mixing bowl. Process celery, onion, mushrooms and bread as you did the tofu.
- Add spices and mayo, stirring to thoroughly combine. Scoop mixture with a 1/2 cup measuring cup, packing it in tightly to form a cake. Turn out on cookie sheet and bake 30 to 40 minutes or until golden brown. Chef's Note: I like to serve these cakes with the Thousand Island Dressing from Skinny Bitch in the Kitch, using fat-free vegan mayo and adding a generous amount of Old Bay Seasoning and hot sauce.

- Amount Per Serving
- Calories
- Fat
- 30g
- Carbohydrate
- 30g Dietary Fiber 1.20g Sugars 2.60g Protein 3.60g

## Nutrition Facts



■ PROTEIN 11.27% ■ FAT 72.74% ■ CARBS 15.99%

## Properties

Glycemic Index:32.24, Glycemic Load:3.48, Inflammation Score:-2, Nutrition Score:5.7021738886833%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 209.18kcal (10.46%), Fat: 17.05g (26.24%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 6.77g (2.46%), Sugar: 1.39g (1.55%), Cholesterol: 8.28mg (2.76%), Sodium: 353.17mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.89%), Vitamin K: 36.04µg (34.32%), Manganese: 0.32mg (16.22%), Calcium: 79.26mg (7.93%), Fiber: 1.66g (6.66%), Vitamin B3: 1.32mg (6.61%), Iron: 1.17mg (6.52%), Selenium: 4.03µg (5.76%), Phosphorus: 52.21mg (5.22%), Vitamin B1: 0.07mg (4.94%), Vitamin E: 0.73mg (4.86%), Vitamin B2: 0.08mg (4.86%), Folate: 15.97µg (3.99%), Copper: 0.08mg (3.88%), Magnesium: 14.97mg (3.74%), Potassium: 121.53mg (3.47%), Vitamin B5: 0.34mg (3.38%), Vitamin B6: 0.06mg (3.05%), Zinc: 0.4mg (2.64%), Vitamin C: 0.84mg (1.02%)