



Crab Cakes and Curry Mayonnaise with Apple Salad

READY IN



60 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon champagne vinegar
- ☐ 1 tablespoon chives snipped
- ☐ 1 cup cilantro leaves
- ☐ 2 tablespoons crème fraîche
- ☐ 1 teaspoon curry paste
- ☐ 1 tablespoon flat-leaf parsley minced

- ☐ 1 large apples i use 2 granny smith apples diced cut into thin matchsticks, plus 1/2 cup finely granny smith apple
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab
- ☐ 0.8 cup mayonnaise
- ☐ 1 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 30 servings salt and pepper freshly ground
- ☐ 1 tablespoon tarragon minced

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ In a bowl, whisk 1/4 cup of the mayonnaise with 1/2 teaspoon of the curry paste; chill.
- ☐ In another bowl, combine the remaining mayonnaise with the crme frache, lemon juice, chives, parsley, tarragon and diced apple. Season with salt and pepper. Fold in the crab, form into 4 patties and coat with the panko.
- ☐ Transfer the crab cakes to a lightly oiled baking sheet; chill.
- ☐ Preheat the broiler and position a rack 8 inches from the heat.
- ☐ Drizzle the crab cakes with 2 tablespoons of the oil and broil for about 12 minutes, turning once, until golden and crisp.
- ☐ Transfer the crab cakes to plates.
- ☐ In a medium bowl, whisk the remaining 2 tablespoons of oil with the 1/2 teaspoon of curry paste and the vinegar and season with salt and pepper.
- ☐ Add the apple matchsticks and cilantro and toss.
- ☐ Serve the crab cakes with the curry mayonnaise and apple salad.

Nutrition Facts

 PROTEIN **15.63%**  FAT **70.87%**  CARBS **13.5%**

Properties

Glycemic Index:8.7, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.0856521936214%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 82.03kcal (4.1%), Fat: 6.46g (9.93%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1g (1.11%), Cholesterol: 9.17mg (3.06%), Sodium: 371.23mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin B12: 1.38µg (22.94%), Vitamin K: 14.82µg (14.11%), Selenium: 6.18µg (8.83%), Copper: 0.15mg (7.56%), Zinc: 0.96mg (6.38%), Phosphorus: 40.26mg (4.03%), Vitamin E: 0.54mg (3.63%), Vitamin C: 2.31mg (2.8%), Folate: 10.82µg (2.71%), Magnesium: 9.92mg (2.48%), Manganese: 0.05mg (2.45%), Vitamin A: 103.95IU (2.08%), Vitamin B1: 0.03mg (1.95%), Vitamin B6: 0.04mg (1.8%), Iron: 0.31mg (1.73%), Vitamin B3: 0.34mg (1.68%), Potassium: 56.96mg (1.63%), Calcium: 16.05mg (1.61%), Vitamin B2: 0.02mg (1.37%), Fiber: 0.32g (1.27%)