



Crab Cakes and Spicy Mustard Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bell pepper red
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg yolk lightly beaten
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 spring onion chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 1 pound lump crab meat drained
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil divided
- ☐ 1.3 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 1 teaspoon citrus champagne vinegar

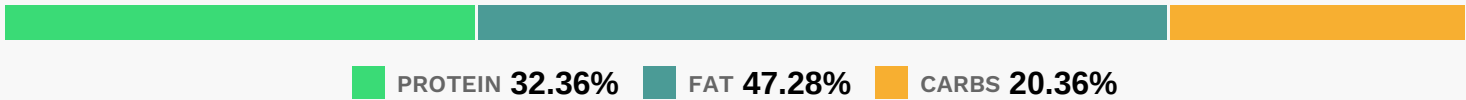
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients.
- ☐ Add 1/3 cup panko and crab; toss gently. Divide crab mixture into 8 equal portions; shape each into a 3/4-inch-thick patty.
- ☐ Place remaining panko in a shallow dish. Gently dredge patties in panko.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan.
- ☐ Add 4 crab cakes to pan; cook 4 minutes on each side.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining oil and crab cakes.
- ☐ Combine 2 tablespoons mayonnaise and remaining ingredients; serve with crab cakes.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:24.73565207357%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg,

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Nutrients (% of daily need)

Calories: 330.9kcal (16.54%), Fat: 17.08g (26.27%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 15.07g (5.48%), Sugar: 2.07g (2.3%), Cholesterol: 145.07mg (48.36%), Sodium: 1338.24mg (58.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.6%), Vitamin B12: 10.5µg (175.06%), Selenium: 53.79µg (76.85%), Copper: 1.12mg (56.11%), Zinc: 7.41mg (49.41%), Phosphorus: 337.05mg (33.71%), Vitamin C: 25.14mg (30.48%), Vitamin K: 31.18µg (29.7%), Folate: 94.28µg (23.57%), Vitamin B1: 0.27mg (18.19%), Magnesium: 70.83mg (17.71%), Manganese: 0.28mg (14.1%), Vitamin B2: 0.24mg (13.84%), Vitamin B3: 2.76mg (13.82%), Vitamin B6: 0.28mg (13.78%), Vitamin A: 661.49IU (13.23%), Iron: 2.24mg (12.43%), Vitamin E: 1.77mg (11.81%), Calcium: 117.98mg (11.8%), Potassium: 356.83mg (10.2%), Vitamin B5: 0.89mg (8.91%), Fiber: 1.47g (5.9%), Vitamin D: 0.51µg (3.37%)