



Crab Cakes by Michael

 Dairy Free

READY IN



20 min.

SERVINGS



65

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups buttery round crackers or as needed crushed
- 12 pounds crab meat flaked
- 2 tablespoons mustard dry
- 12 eggs
- 0.3 cup chives fresh chopped
- 0.3 cup parsley fresh chopped
- 1 tablespoon ground pepper black
- 1 tablespoon kosher salt

- 3 cups mayonnaise
- 3 tablespoons seafood seasoning south shore® (such as)
- 0.3 cup vegetable oil for frying or as needed

Equipment

- bowl
- frying pan

Directions

- Beat eggs, mayonnaise, parsley, chives, seafood seasoning, mustard, salt, and pepper together in a large bowl until smooth. Gently stir crabmeat into the egg mixture. Fold crushed crackers into the crab mixture in small amounts just until the mixture holds together. Divide the mixture into 3-ounce patties.
- Heat a small amount of oil in a skillet over medium heat. Cook patties in hot oil until browned and cooked through, about 2 minutes per side.

Nutrition Facts

PROTEIN 40.63% **FAT 54.16%** **CARBS 5.21%**

Properties

Glycemic Index:2.45, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:15.253912920537%

Flavonoids

Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 169.43kcal (8.47%), Fat: 9.92g (15.26%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 2g (0.73%), Sugar: 0.34g (0.38%), Cholesterol: 69.73mg (23.24%), Sodium: 909.28mg (39.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.48%), Vitamin B12: 7.62µg (127.02%), Selenium: 33.81µg (48.3%), Copper: 0.79mg (39.42%), Zinc: 5.14mg (34.3%), Vitamin K: 25.7µg (24.48%), Phosphorus: 211.75mg (21.17%), Folate: 44.48µg (11.12%), Magnesium: 44.25mg (11.06%), Vitamin C: 6.43mg (7.79%), Vitamin B6: 0.15mg (7.3%), Potassium: 193.82mg (5.54%), Vitamin B3: 1.08mg (5.42%), Calcium: 51.66mg (5.17%), Iron: 0.9mg

(4.99%), Vitamin B2: 0.08mg (4.94%), Vitamin B5: 0.45mg (4.51%), Manganese: 0.08mg (3.92%), Vitamin B1: 0.06mg (3.69%), Vitamin E: 0.55mg (3.68%), Vitamin A: 110.96IU (2.22%), Vitamin D: 0.18µg (1.22%)