



Crab Cakes Chiarello with Shaved Fennel Salad

READY IN



47 min.

SERVINGS



8

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 8 tablespoons butter (1 stick)
- 2 tablespoons chives minced
- 1 tablespoon crab boil seasoning (recommended: Old Bay)
- 4 teaspoons dijon mustard
- 4 egg yolks
- 4 bulbs fennel
- 1 juice of lemon juiced

- 2 teaspoons juice of lemon
- 2 pounds lump crab meat blue
- 2 cups mayonnaise prepared
- 2 tablespoons olive oil extra-virgin
- 4 tablespoons parsley leaves chopped
- 1 Dash pepper sauce red hot
- 8 servings gray salt
- 2 cups bread diced white

Equipment

- oven
- mixing bowl
- baking pan
- spatula

Directions

- In a large nonreactive mixing bowl combine the bread, mayonnaise, egg yolks, 2 tablespoons of the parsley, chive, mustard, hot red pepper sauce, lemon juice, salt and pepper.
- Let rest for about 15 minutes to soften the bread. With a spatula gently fold in the crabmeat so as not to break up the meat.
- Preheat the oven to 425 degrees F.
- Using your hands form the cakes about 6 ounces each. Do not form them too tightly or they will not bake properly.
- Brush a baking tray with butter or spray with a nonstick cooking spray.
- Place the crab cakes, evenly spaced on the tray. Melt the butter and combine with the crab boil seasoning.
- Brush the tops of the cakes with half the spiced butter and bake on the top shelf of oven for about 12 minutes or until an internal temperature of 165 degrees F.
- Using a mandolin slice the fennel very thin.
- Combine with the lemon juice, olive oil, remaining 2 tablespoons of parsley, salt, and pepper.

- Spread the fennel salad on a large platter and place the crab cakes on top.
- Serve with the second half of the spiced butter on the side for dipping.

Nutrition Facts

PROTEIN 14.41%

FAT 76.73%

CARBS 8.86%

Properties

Glycemic Index:45.1, Glycemic Load:6.37, Inflammation Score:-8, Nutrition Score:30.389130602712%

Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 708.36kcal (35.42%), Fat: 60.6g (93.24%), Saturated Fat: 15.42g (96.38%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 11.58g (4.21%), Sugar: 5.79g (6.43%), Cholesterol: 198.45mg (66.15%), Sodium: 1735.49mg (75.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.21%), Vitamin K: 206.55µg (196.72%), Vitamin B12: 10.47µg (174.54%), Selenium: 52.08µg (74.4%), Copper: 1.17mg (58.34%), Zinc: 7.45mg (49.64%), Phosphorus: 375.48mg (37.55%), Vitamin C: 27.09mg (32.83%), Folate: 116.04µg (29.01%), Vitamin E: 3.64mg (24.28%), Potassium: 780.29mg (22.29%), Magnesium: 83.89mg (20.97%), Manganese: 0.4mg (20.16%), Vitamin A: 917.08IU (18.34%), Fiber: 4.17g (16.7%), Calcium: 163.58mg (16.36%), Iron: 2.65mg (14.75%), Vitamin B6: 0.29mg (14.28%), Vitamin B3: 2.61mg (13.03%), Vitamin B5: 1.14mg (11.35%), Vitamin B2: 0.18mg (10.73%), Vitamin B1: 0.15mg (9.95%), Vitamin D: 0.6µg (3.99%)