



Crab Cakes I

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cornflakes cereal crumbled
- ☐ 1 pound dungeness crabmeat fresh
- ☐ 1 eggs beaten
- ☐ 1 bell pepper green chopped
- ☐ 4 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 2 potatoes
- ☐ 4 servings salt to taste

☐ 2 tablespoons vegetable oil

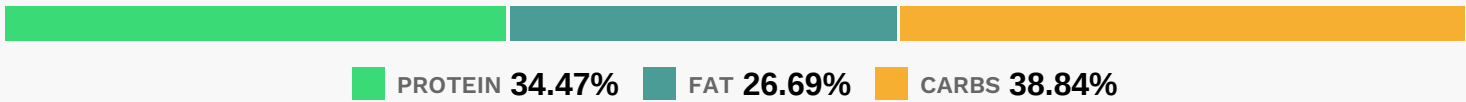
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, boil potatoes in salted water to cover.
- ☐ Drain, and set aside.
- ☐ In a medium saute pan, heat 2 tablespoons oil over medium heat.
- ☐ Add onion and pepper; cook and stir until tender.
- ☐ Transfer potatoes to a large bowl, and mash well.
- ☐ Mix in cooked vegetables and crab meat. Season to taste with salt and pepper. Form into cakes about the size of hamburgers. Dip in beaten egg; roll in crumbs.
- ☐ In a large, heavy skillet, heat oil over medium heat. Fry crab cakes in oil until golden brown, turning once.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:14.29, Inflammation Score:-7, Nutrition Score:27.744782510011%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 295.29kcal (14.76%), Fat: 8.73g (13.43%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 25.01g (9.1%), Sugar: 3.42g (3.8%), Cholesterol: 88.55mg (29.52%), Sodium: 1216.85mg

(52.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.37g (50.74%), Vitamin B12: 10.65µg (177.56%), Vitamin C: 56.34mg (68.29%), Selenium: 45.7µg (65.28%), Copper: 1.21mg (60.71%), Zinc: 7.36mg (49.03%), Vitamin B6: 0.73mg (36.41%), Phosphorus: 352.05mg (35.2%), Folate: 105.31µg (26.33%), Potassium: 800.22mg (22.86%), Magnesium: 90.01mg (22.5%), Iron: 3.89mg (21.59%), Vitamin B3: 3.81mg (19.03%), Vitamin B1: 0.26mg (17.46%), Vitamin K: 17.04µg (16.23%), Manganese: 0.3mg (15.12%), Vitamin B2: 0.26mg (15.03%), Fiber: 3.57g (14.29%), Vitamin B5: 0.96mg (9.61%), Calcium: 81.32mg (8.13%), Vitamin A: 324.94IU (6.5%), Vitamin E: 0.81mg (5.38%), Vitamin D: 0.47µg (3.15%)