



Crab Cakes Italiano

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup mayonnaise reduced-fat
- 2 tablespoons basil pesto
- 1 lb imitation crab fresh shredded rinsed cleaned
- 0.5 cup breadcrumbs italian
- 0.3 cup mayonnaise reduced-fat
- 2 tablespoons basil pesto
- 1 eggs beaten
- 2 tablespoons olive oil

- 1 slices plum tomatoes italian
- 1 serving basil fresh
- 1 serving sun-dried olives

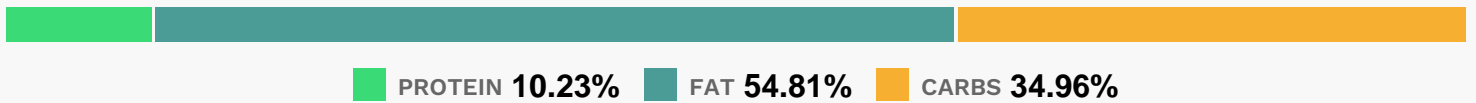
Equipment

- bowl
- frying pan
- paper towels

Directions

- In small bowl, mix sauce ingredients. Cover and refrigerate until serving.
- In large bowl, mix all crab cake ingredients except oil. Using 1/3 cup mixture for each, shape into eight 3-inch patties.
- In 10-inch nonstick skillet, heat oil over medium heat until hot.
- Add patties; cook 4 to 5 minutes on each side or until golden brown and thoroughly cooked.
- Drain on paper towels.
- Serve crab cakes topped with sauce.
- Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.0869565165561%

Nutrients (% of daily need)

Calories: 206.56kcal (10.33%), Fat: 12.34g (18.99%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 16.64g (6.05%), Sugar: 3.43g (3.81%), Cholesterol: 31.03mg (10.34%), Sodium: 639.18mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.37%), Vitamin K: 16.2µg (15.43%), Vitamin E: 1.08mg (7.21%), Selenium: 4µg (5.72%), Vitamin B1: 0.07mg (4.68%), Fiber: 1.07g (4.27%), Vitamin A: 212.55IU (4.25%), Manganese: 0.07mg (3.53%), Vitamin B2: 0.05mg (3.13%), Iron: 0.54mg (2.99%), Calcium: 29.53mg (2.95%), Folate: 11.01µg (2.75%), Phosphorus: 26.14mg (2.61%), Vitamin B3: 0.47mg (2.34%), Copper: 0.03mg

(1.42%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.07µg (1.21%), Magnesium: 4.45mg (1.11%)