



Crab Cakes Italiano

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- 1 slices plum tomatoes italian
- 8 servings sun-dried olives

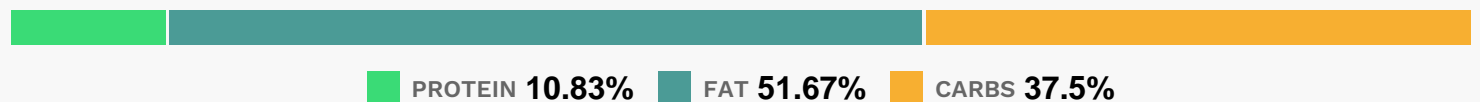
Equipment

- 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:0.15, Inflammation Score:-2, Nutrition Score:3.8130435295727%

Nutrients (% of daily need)

Calories: 194.71kcal (9.74%), Fat: 10.99g (16.91%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16.8g (6.11%), Sugar: 3.65g (4.05%), Cholesterol: 30.73mg (10.24%), Sodium: 605.12mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Vitamin K: 23.84µg (22.7%), Vitamin E: 1.09mg (7.3%), Selenium: 4.06µg (5.8%), Manganese: 0.11mg (5.34%), Vitamin B1: 0.08mg (5.02%), Vitamin A: 236.91IU (4.74%), Fiber: 1.14g (4.58%), Iron: 0.65mg (3.62%), Vitamin B2: 0.06mg (3.46%), Folate: 12.8µg (3.2%), Phosphorus: 30.24mg (3.02%), Vitamin B3: 0.56mg (2.82%), Calcium: 27.56mg (2.76%), Copper: 0.05mg (2.38%), Potassium: 68.58mg (1.96%), Magnesium: 7.26mg (1.82%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.22mg (1.48%), Vitamin B6: 0.02mg

(1.23%), Vitamin B12: 0.07 μ g (1.21%)