



## Crab Cakes on Mixed Greens with Peanut Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 0.3 cup celery finely chopped
- ☐ 1 tablespoon creamy peanut butter
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 tablespoons egg substitute
- ☐ 1 cup yogurt plain fat-free
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 garlic clove crushed
- ☐ 1 Dash ground pepper red
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound lump crab meat
- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons olive oil divided
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 cup rice vinegar
- ☐ 3 cups gourmet salad greens
- ☐ 0.3 teaspoon salt
- ☐ 20 saltines unsalted crushed finely
- ☐ 3 cups watercress trimmed
- ☐ 0.3 cup walla walla sweet finely chopped

## Equipment

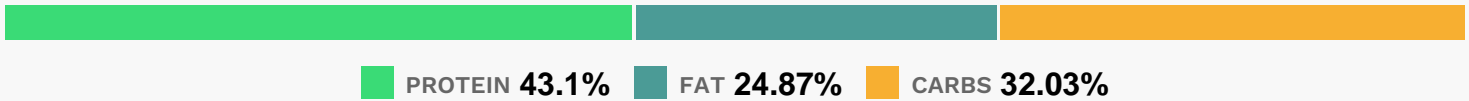
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

## Directions

- ☐ To prepare crab cakes, place a small sieve or colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over sides.

- Spoon yogurt into colander (A). Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid.
- ☐ Combine yogurt cheese, onion, and next 10 ingredients (through crackers).
  - ☐ Add crab; stir just until blended. Divide mixture into 12 equal portions, shaping each into a 1/2-inch-thick patty.
  - ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
  - ☐ Add 6 patties; cook 3 minutes per side or until lightly browned.
  - ☐ Remove from pan; cover and keep warm. Repeat procedure with remaining 1 teaspoon oil and 6 patties.
  - ☐ To prepare salad, combine vinegar and next 6 ingredients (through red pepper), stirring with a whisk.
  - ☐ Place greens and watercress in a large bowl.
  - ☐ Drizzle with vinaigrette; toss well to coat. Arrange about 1 cup salad on each of 4 plates; top each serving with 3 crab cakes.
  - ☐ Note: You can also use a quick-drain method for the yogurt.
  - ☐ Spread yogurt onto several layers of paper towels (B), and cover with more paper towels.
  - ☐ Let stand five minutes, and scrape into a bowl. Quick-drained yogurt isn't as thick as yogurt that's drained overnight, so start with a little bit less to ensure the crab mixture won't become too watery.

## Nutrition Facts



## Properties

Glycemic Index:76, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:32.861304557842%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.73mg, Myricetin: 0.73mg,

Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 271.74kcal (13.59%), Fat: 7.4g (11.38%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 19.88g (7.23%), Sugar: 7.3g (8.11%), Cholesterol: 48.85mg (16.28%), Sodium: 1347.69mg (58.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.7%), Vitamin B12: 10.62µg (177%), Vitamin K: 135.95µg (129.48%), Selenium: 49.46µg (70.66%), Copper: 1.15mg (57.71%), Vitamin C: 46.13mg (55.91%), Zinc: 7.86mg (52.41%), Phosphorus: 420.36mg (42.04%), Vitamin A: 2101.85IU (42.04%), Folate: 112.32µg (28.08%), Calcium: 237.2mg (23.72%), Magnesium: 94.48mg (23.62%), Vitamin B2: 0.38mg (22.08%), Manganese: 0.41mg (20.49%), Potassium: 679.24mg (19.41%), Vitamin B6: 0.37mg (18.68%), Vitamin B1: 0.25mg (16.67%), Vitamin B3: 3.3mg (16.5%), Iron: 2.66mg (14.77%), Vitamin B5: 1.25mg (12.46%), Vitamin E: 1.72mg (11.47%), Fiber: 1.56g (6.24%)