



Crab Cakes Our Way

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound crab meat fresh
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 teaspoons old bay seasoning
- ☐ 0.5 teaspoon pepper

- ☐ 6 servings pepper rémoulade sauce red
- ☐ 6 to 8 saltine crackers crushed finely
- ☐ 0.5 teaspoon worcestershire sauce

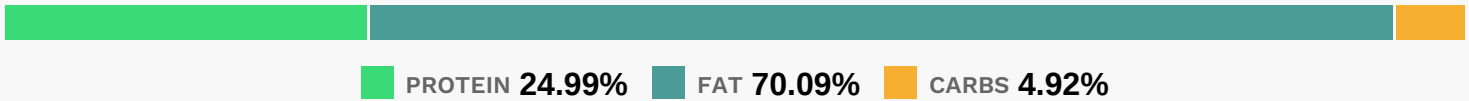
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Drain and flake crabmeat, removing any bits of shell.
- ☐ Combine crushed crackers and next 7 ingredients; gently fold crabmeat into mixture. Shape into 6 thin patties.
- ☐ Melt butter in a skillet over medium heat.
- ☐ Add crab cakes; cook 4 to 5 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve with Red Pepper Rmoulade Sauce.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:16.00000005183%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 251.88kcal (12.59%), Fat: 19.33g (29.74%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.82g (1.03%), Sugar: 0.26g (0.29%), Cholesterol: 70.59mg (23.53%), Sodium: 844.32mg (36.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin B12: 6.91µg (115.13%), Selenium: 31.21µg (44.58%), Vitamin K: 46.46µg (44.25%), Copper: 0.72mg (36.01%), Zinc: 4.69mg (31.27%), Phosphorus:

193.31mg (19.33%), Folate: 44.23µg (11.06%), Magnesium: 41.49mg (10.37%), Vitamin C: 6.4mg (7.76%), Vitamin B6: 0.14mg (7.03%), Vitamin A: 313.07IU (6.26%), Vitamin E: 0.9mg (6.01%), Iron: 1.07mg (5.97%), Manganese: 0.12mg (5.8%), Vitamin B2: 0.09mg (5.5%), Potassium: 190.68mg (5.45%), Vitamin B3: 1.07mg (5.35%), Calcium: 50.53mg (5.05%), Vitamin B5: 0.45mg (4.49%), Vitamin B1: 0.06mg (4.2%), Vitamin D: 0.2µg (1.36%)