



Crab Cakes over Mixed Greens with Lemon Dressing

 Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons dijon mustard divided
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons green onions chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind fresh grated
- ☐ 0.3 cup mayonnaise light

- ☐ 1 pound lump crab meat drained
- ☐ 2 tablespoons olive oil
- ☐ 4 teaspoons olive oil divided
- ☐ 1.3 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 10 ounce spring mix salad greens
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons water
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine 1 tablespoon Dijon mustard and next 8 ingredients in a medium bowl; stir well with a whisk. Cover and chill.
- ☐ Combine remaining 1 tablespoon Dijon mustard, mayonnaise, and next 3 ingredients in a large bowl; stir with a whisk. Gently fold in 1/4 cup breadcrumbs and crabmeat. Shape mixture into 12 (1/2-inch-thick) patties. Dredge patties in remaining 1 cup breadcrumbs. Coat both sides of patties with cooking spray.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add 6 patties, and cook 4 minutes on each side or until browned.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining 2 teaspoons oil and patties.
- ☐ Serve over greens; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:18.86173927784%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 230.22kcal (11.51%), Fat: 11.55g (17.77%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.74g (4.63%), Sugar: 2.22g (2.47%), Cholesterol: 64.24mg (21.41%), Sodium: 1111.76mg (48.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.05%), Vitamin B12: 6.92µg (115.36%), Selenium: 35.43µg (50.61%), Copper: 0.78mg (38.93%), Zinc: 4.96mg (33.04%), Vitamin C: 20.46mg (24.8%), Phosphorus: 232.61mg (23.26%), Folate: 73.02µg (18.26%), Vitamin K: 16.88µg (16.07%), Manganese: 0.27mg (13.35%), Magnesium: 53.36mg (13.34%), Vitamin A: 643.64IU (12.87%), Vitamin B1: 0.19mg (12.52%), Iron: 1.87mg (10.37%), Vitamin B3: 2mg (10.02%), Vitamin B6: 0.2mg (9.8%), Potassium: 328.72mg (9.39%), Vitamin E: 1.41mg (9.39%), Vitamin B2: 0.16mg (9.17%), Calcium: 79.81mg (7.98%), Vitamin B5: 0.56mg (5.58%), Fiber: 0.99g (3.96%), Vitamin D: 0.17µg (1.11%)