



 **27%**  
HEALTH SCORE

## Crab Cakes Rockefeller

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound lump crab meat canned
- 0.5 bell pepper diced red finely
- 4 spring onion diced finely
- 1 cup breadcrumbs (Panko works great too)
- 4 tablespoons honey
- 1 teaspoon chili powder
- 1 tablespoon butter unsalted
- 2 slices pancetta
- 4 cups baby spinach uncooked ()

- 0.3 cup watercress
- 4 cloves garlic smashed finely chopped
- 6 servings pepper black good freshly ground to taste

## Equipment

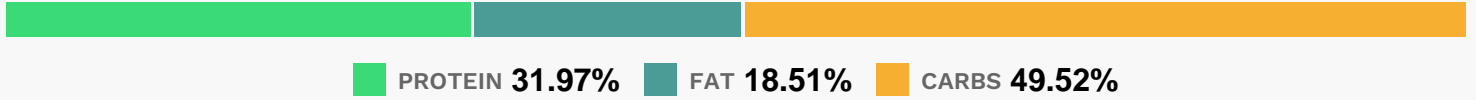
- bowl
- frying pan
- baking sheet
- oven
- knife
- aluminum foil
- toaster

## Directions

- Preheat your oven to 375F and set the top rack to the middle position (BTW, this recipe is a great toaster oven candidate). Line a baking sheet with aluminum foil or a nonstick cooking mat.
- In a large bowl, combine the crab meat, diced red bell pepper, half of the diced green onion (reserving the other half) and half of the bread crumbs (reserving the other half).
- Mix in the honey and chili powder, then season to taste with salt and pepper.
- I like to form my crab cakes by pressing them into a 1/2 cup measure, squeezing tightly so theyll hold their shape. You can mould them with your hands as well, but be sure to press them together tightly or they might fall apart in transit to the plates. Arrange the crab cakes on the lined baking sheet, leaving at least 1 between each crab cake.
- Using your olive oil sprayer (if you have one; or by drizzling olive oil) lightly coat the outside of each crab cake. This will help with browning and to form an outer crust.
- Bake at 375F for 25 minutes, or until golden brown.
- Meanwhile, fry the bacon or prosciutto in a large skillet until crispy. Set aside to drain, then crumble into small pieces using a sharp knife.
- Finely chop the spinach and watercress stems. In a large skillet, melt the butter over medium heat.

- Add the garlic and saut 1 minute. Then, add the remaining green onion, bread crumbs and watercress stems. Saut 1 minute more. Finally, add the chopped spinach and cook until wilted, 1-2 minutes. Season to taste with salt and pepper.
- To serve, plate a crab cake atop a smear of the spinach mixture, then sprinkle the whole plate with crumbled bacon.

## Nutrition Facts



### Properties

Glycemic Index:40.38, Glycemic Load:6.56, Inflammation Score:-9, Nutrition Score:25.761304347826%

### Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

### Taste

Sweetness: 100%, Saltiness: 6.04%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 34.05%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 219.08kcal (10.95%), Fat: 4.54g (6.99%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 25.46g (9.26%), Sugar: 13.35g (14.83%), Cholesterol: 38.53mg (12.84%), Sodium: 806.12mg (35.05%), Protein: 17.66g (35.32%), Vitamin B12: 6.88µg (114.74%), Vitamin K: 119.09µg (113.42%), Vitamin A: 2487.86IU (49.76%), Selenium: 33.35µg (47.65%), Copper: 0.8mg (39.78%), Zinc: 5.03mg (33.51%), Vitamin C: 26.41mg (32.02%), Folate: 101.65µg (25.41%), Manganese: 0.46mg (23.1%), Phosphorus: 220.63mg (22.06%), Vitamin B1: 0.25mg (16.37%), Magnesium: 65.49mg (16.37%), Vitamin B6: 0.25mg (12.62%), Vitamin B3: 2.49mg (12.46%), Iron: 2.19mg (12.18%), Potassium: 377.75mg (10.79%), Calcium: 102.37mg (10.24%), Vitamin B2: 0.17mg (10.19%), Fiber: 1.88g (7.54%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.46mg (4.62%)