



Crab Cakes with Aïoli

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 9 biscuits split mini
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs divided fine
- ☐ 0.5 cup celery finely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 2 egg yolks
- ☐ 2 garlic cloves minced

- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 1 pound lump crab
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 18 slices roma tomatoes red yellow
- ☐ 0.5 teaspoon salt divided
- ☐ 1 teaspoon seafood seasoning
- ☐ 1 cup vegetable oil divided
- ☐ 0.3 teaspoon pepper white
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 1 cup onion yellow finely chopped

Equipment

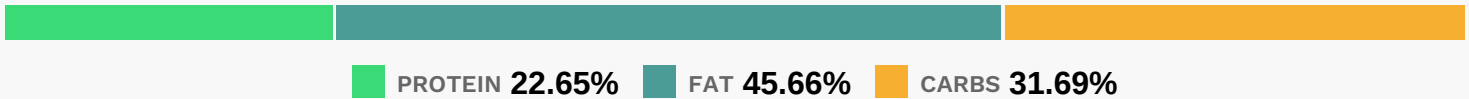
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ skewers

Directions

- ☐ Heat olive oil in a skillet over medium heat.
- ☐ Add onion and celery. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Saut 5 minutes. Stir in garlic; saut 2 minutes.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Combine onions, cheese, mustard, and 2 tablespoons lemon juice in a large bowl. Fold in crab. Fold reserved onion mixture into crab mixture. Set aside.

- ☐ Combine egg yolks, 2 tablespoons lemon juice, remaining 1/4 teaspoon salt, and white pepper in a food processor; process until smooth. With processor running, pour oil through foodchute in a slow, steady stream, and process until thick. Pulse in Worcestershire and hot sauce.
- ☐ Stir in 1/2 cup aoli mixture and 1/2 cup breadcrumbs. Form into 18 patties, about 1/4 cup each.
- ☐ Combine remaining 1/2 cup breadcrumbs and seafood seasoning in a shallow dish. Dredge crab cakes in seasoned breadcrumbs.
- ☐ Heat half of remaining oil in a large nonstick skillet over medium-high heat. Fry half of crab cakes in hot oil 2 to 3 minutes on each side until golden brown.
- ☐ Drain on paper towels. Repeat with remaining oil and cakes.
- ☐ Place tomato slice on half of biscuit. Top with crab cake; dollop with aoli and top with arugula leaves. Skewer with long wooden or bamboo pick to secure. Repeat.

Nutrition Facts



Properties

Glycemic Index:319, Glycemic Load:40.73, Inflammation Score:-10, Nutrition Score:75.965217051299%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 8.88mg, Isorhamnetin: 8.88mg, Isorhamnetin: 8.88mg, Isorhamnetin: 8.88mg Kaempferol: 8.32mg, Kaempferol: 8.32mg, Kaempferol: 8.32mg, Kaempferol: 8.32mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 35.98mg, Quercetin: 35.98mg, Quercetin: 35.98mg, Quercetin: 35.98mg

Nutrients (% of daily need)

Calories: 2135.68kcal (106.78%), Fat: 107.97g (166.11%), Saturated Fat: 25.19g (157.43%), Carbohydrates: 168.66g (56.22%), Net Carbohydrates: 156.17g (56.79%), Sugar: 37.38g (41.53%), Cholesterol: 601.06mg (200.35%), Sodium: 6970.84mg (303.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 120.51g (241.02%), Vitamin B12: 42.24µg (704.01%), Selenium: 239.26µg (341.8%), Copper: 4.78mg (238.86%), Zinc: 31.79mg (211.94%), Vitamin K: 187.34µg (178.42%), Phosphorus: 1661.01mg (166.1%), Folate: 538.14µg (134.53%), Vitamin B1: 1.83mg (121.68%), Manganese: 2.4mg (119.92%), Vitamin C: 79.96mg (96.92%), Magnesium: 353mg (88.25%), Calcium: 845.9mg (84.59%), Vitamin B3: 16.07mg (80.34%), Iron: 14.34mg (79.67%), Vitamin B2: 1.34mg (78.65%), Vitamin B6: 1.44mg (72%), Vitamin E: 9.58mg (63.83%), Potassium: 1994.33mg (56.98%), Fiber: 12.49g (49.97%), Vitamin B5: 4.26mg (42.6%), Vitamin A:

1980.62IU (39.61%), Vitamin D: 2.07μg (13.79%)