



Crab Cakes with Cajun Rémoulade

READY IN



30 min.

SERVINGS



12

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons canola oil
- 2 teaspoons capers drained finely chopped
- 0.3 teaspoon celery seeds
- 0.5 teaspoon mustard dry
- 1 large eggs beaten
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 1 cup greek yogurt plain fat-free
- 2 tablespoons green onions chopped
- 2 tablespoons green onions finely chopped

- 0.1 teaspoon ground pepper red
- 0.3 teaspoon ground pepper red
- 1 slices optional: lemon
- 1 pound lump crab meat drained
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 teaspoon paprika
- 0.5 teaspoon paprika
- 0.3 cup bell pepper diced red finely
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- frying pan
- whisk
- measuring cup

Directions

- To prepare crab cakes, combine first 7 ingredients (through egg).
- Add panko and crab, tossing gently to combine.
- Fill a 1/4-cup dry measuring cup with crab mixture. Invert onto work surface; gently pat into a 1-inch-thick patty. Repeat procedure with remaining crab mixture, forming 12 cakes.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add crab cakes to pan; cook 2 minutes or until bottoms are golden. Carefully turn crab cakes; cook 2 minutes or until bottoms are golden and crab cakes are thoroughly heated.
- Remove crab cakes from pan; keep warm.
- To prepare rmoulade, combine 1 cup yogurt and next 6 ingredients (through red pepper) in a small bowl; stir with a whisk.
- Serve crab cakes with rmoulade and lemon slices.

Nutrition Facts

PROTEIN 44.18% FAT 33.61% CARBS 22.21%

Properties

Glycemic Index:20.63, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:9.8960869597352%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 92.09kcal (4.6%), Fat: 3.37g (5.19%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.19g (1.33%), Cholesterol: 32.21mg (10.74%), Sodium: 387.76mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin B12: 3.57µg (59.55%), Selenium: 18.17µg (25.95%), Copper: 0.38mg (18.8%), Zinc: 2.5mg (16.7%), Vitamin K: 17.48µg (16.65%), Phosphorus: 126.1mg (12.61%), Vitamin C: 8.4mg (10.18%), Folate: 29.32µg (7.33%), Vitamin B2: 0.11mg (6.56%), Magnesium: 25.21mg (6.3%), Vitamin A: 294.53IU (5.89%), Calcium: 52.64mg (5.26%), Vitamin B1: 0.08mg (5.05%), Vitamin B6: 0.1mg (4.84%), Vitamin B3: 0.87mg (4.34%), Potassium: 146.17mg (4.18%), Iron: 0.75mg (4.18%), Manganese: 0.08mg (3.92%), Vitamin E: 0.59mg (3.91%), Vitamin B5: 0.3mg (2.98%), Fiber: 0.47g (1.87%)