



Crab Cakes with Chive Sauce

READY IN



45 min.

SERVINGS



15

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 6 tablespoons yogurt plain fat-free
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise reduced-fat

- ☐ 6 tablespoons mayonnaise reduced-fat
- ☐ 2 pounds lump crab meat
- ☐ 1 teaspoon old bay seasoning
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 3 tablespoons quick-cooking oats

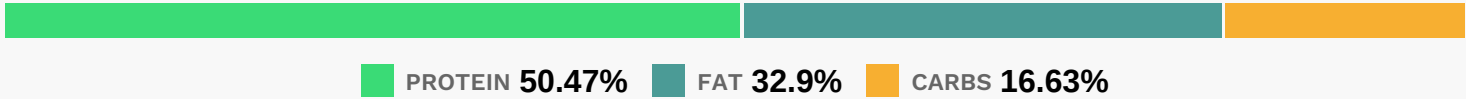
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags

Directions

- ☐ To prepare crab cakes, combine first 9 ingredients in a large bowl, stirring gently just until mixture is combined and will hold a shape. Divide mixture into 30 equal portions (about 2 tablespoons each), shaping each into a 2-inch patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 8 patties; cook 2 minutes. Carefully turn patties over. Cook an additional 2 minutes or until golden.
- ☐ Place patties on a large baking sheet in a single layer. Repeat procedure with cooking spray and remaining patties. Cover patties with plastic wrap, and freeze until firm.
- ☐ Place in zip-top plastic bags; freeze up to 3 months.
- ☐ Thaw cakes overnight in refrigerator.
- ☐ Preheat oven to 40
- ☐ Coat a large baking sheet with cooking spray; place patties on baking sheet in a single layer.
- ☐ Bake at 400 for 20 minutes or until thoroughly heated.
- ☐ To prepare sauce, combine chives and remaining ingredients in a small bowl.
- ☐ Serve with crab cakes.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:11.770000022391%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 97.71kcal (4.89%), Fat: 3.47g (5.34%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.21g (1.35%), Cholesterol: 27.65mg (9.22%), Sodium: 633.42mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin B12: 5.5µg (91.61%), Selenium: 23.53µg (33.61%), Copper: 0.57mg (28.67%), Zinc: 3.76mg (25.06%), Phosphorus: 156mg (15.6%), Vitamin K: 10.93µg (10.4%), Magnesium: 36.67mg (9.17%), Folate: 31.23µg (7.81%), Manganese: 0.12mg (5.81%), Vitamin C: 4.65mg (5.63%), Calcium: 53.88mg (5.39%), Vitamin B6: 0.1mg (5.2%), Potassium: 161.68mg (4.62%), Vitamin B3: 0.8mg (3.99%), Iron: 0.66mg (3.69%), Vitamin B1: 0.05mg (3.48%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.29mg (2.92%), Vitamin E: 0.35mg (2.36%), Fiber: 0.34g (1.36%), Vitamin A: 57.6IU (1.15%)