



Crab Cakes with Cilantro Salsa

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed drained canned
- 11 oz corn sweet whole drained canned
- 1 cup tomatoes chopped
- 2 tablespoons juice of lime
- 1 tablespoon vegetable oil
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup onion red chopped
- 2 teaspoons ground cumin

- 1 teaspoon sugar
- 0.3 teaspoon salt
- 18 oz crabmeat drained canned
- 0.5 cup bell pepper green finely chopped
- 0.5 cup breadcrumbs italian
- 0.3 cup cilantro leaves chopped
- 1 medium spring onion sliced
- 0.3 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 2 tablespoons salad dressing
- 1 eggs beaten
- 2 tablespoons vegetable oil
- 0.7 cup breadcrumbs dry italian

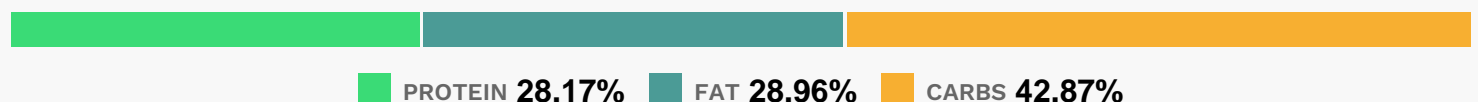
Equipment

- frying pan
- paper towels

Directions

- Stir together Cilantro Salsa ingredients; cover and refrigerate.
- Stir together Crab Cakes ingredients--except 2 tablespoons vegetable oil and 2/3 cup bread crumbs. Shape mixture into 16 cakes, about 2 inches in diameter.
- In 12-inch skillet, heat oil over medium heat. Coat crab cakes with 2/3 cup bread crumbs. Cook in oil 3 to 4 minutes on each side, turning once, until golden brown.
- Drain on paper towels.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:9.2656522056331%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 133.36kcal (6.67%), Fat: 4.29g (6.59%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 11.77g (4.28%), Sugar: 1.47g (1.63%), Cholesterol: 41.17mg (13.72%), Sodium: 466.65mg (20.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Selenium: 16.93µg (24.19%), Vitamin B12: 1.11µg (18.57%), Copper: 0.35mg (17.69%), Phosphorus: 136.18mg (13.62%), Folate: 51.48µg (12.87%), Vitamin K: 11.69µg (11.13%), Zinc: 1.61mg (10.75%), Manganese: 0.2mg (10.18%), Vitamin C: 8.29mg (10.04%), Fiber: 2.51g (10.02%), Vitamin B3: 1.83mg (9.15%), Vitamin B1: 0.14mg (9.03%), Iron: 1.38mg (7.69%), Magnesium: 29.94mg (7.49%), Potassium: 255.13mg (7.29%), Vitamin B2: 0.12mg (6.81%), Vitamin E: 0.98mg (6.52%), Calcium: 60.7mg (6.07%), Vitamin B6: 0.1mg (5.22%), Vitamin B5: 0.48mg (4.76%), Vitamin A: 182.6IU (3.65%)