



Crab Cakes with Coleslaw and Lime Dill Yogurt Sauce

READY IN



28 min.

SERVINGS



8

CALORIES



122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon celery salt
- ☐ 1 tablespoon chives minced
- ☐ 16 ounce coleslaw mix
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup egg substitute
- ☐ 8 ounce yogurt plain fat-free
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon garlic minced

- ☐ 2 teaspoons juice of lime
- ☐ 2 teaspoons lime zest
- ☐ 1 pound lump crab meat fresh canned
- ☐ 0.5 cup panko bread crumbs
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon parsley chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon pepper sauce red
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots minced
- ☐ 2 teaspoons sugar
- ☐ 0.1 teaspoon pepper white

Equipment

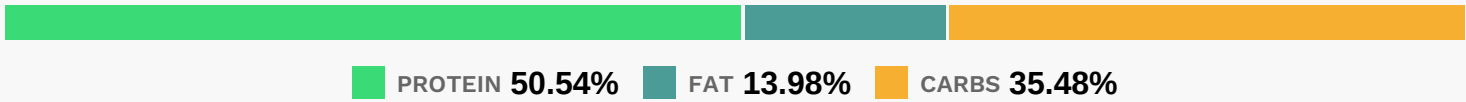
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, mix together yogurt, lime juice, sugar, celery salt, salt, pepper and pepper sauce. Gently stir in coleslaw mix until coated.
- ☐ Serve chilled.
- ☐ In a medium bowl, stir together yogurt, lime zest, lime juice, dill, salt and pepper.
- ☐ Serve chilled.
- ☐ Mix together yogurt, Parmesan, egg, mustard, chives, parsley, shallot, garlic, salt and pepper in a large bowl. Gently mix crabmeat and breadcrumbs into yogurt mixture.
- ☐ Divide mixture into 8 equal portions and shape into 2-inch cakes. (Crab cakes may be refrigerated up to 4 hours before cooking).
- ☐ Place a large, nonstick skillet over medium high heat. Spray with nonstick cooking spray and slide crab cakes into skillet. Cook about 4 minutes per side or until golden brown and heated through.

Serve hot with coleslaw and lime dill yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:45.26, Glycemic Load:1.71, Inflammation Score:-5, Nutrition Score:17.976087147775%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 122.43kcal (6.12%), Fat: 1.9g (2.92%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9g (3.27%), Sugar: 5.7g (6.33%), Cholesterol: 28.01mg (9.34%), Sodium: 794.75mg (34.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.87%), Vitamin B12: 5.37µg (89.51%), Vitamin K: 52.61µg (50.1%), Selenium: 28.07µg (40.11%), Vitamin C: 27.07mg (32.81%), Copper: 0.56mg (27.95%), Zinc: 4.1mg (27.33%), Phosphorus: 226.87mg (22.69%), Calcium: 159.29mg (15.93%), Folate: 60.89µg (15.22%), Magnesium: 46.51mg (11.63%), Vitamin B6: 0.21mg (10.37%), Vitamin B2: 0.18mg (10.36%), Potassium: 337.53mg (9.64%), Manganese: 0.18mg (9.16%), Vitamin B1: 0.13mg (8.43%), Fiber: 1.84g (7.35%), Vitamin B5: 0.68mg (6.83%), Iron: 1.11mg (6.15%), Vitamin B3: 1.09mg (5.44%), Vitamin A: 193.18IU (3.86%), Vitamin E: 0.25mg (1.64%)