



Crab Cakes with Cucumber Relish

READY IN



45 min.

SERVINGS



18

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 18 servings cucumber relish
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs lightly beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.7 cup italian-seasoned breadcrumbs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound lump crab meat
- ☐ 0.3 cup mayonnaise

- ☐ 2 tablespoons olive oil divided
- ☐ 1 teaspoon seafood seasoning
- ☐ 1 tablespoon worcestershire sauce

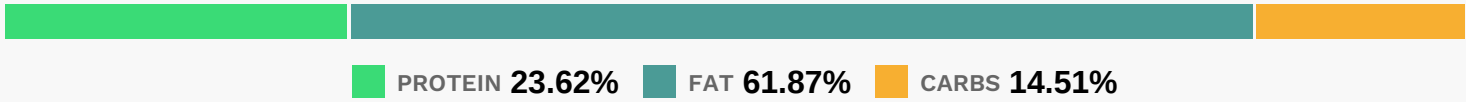
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine egg and next 7 ingredients in a large bowl. Fold in crabmeat. Shape mixture into 18 (1 1/2-inch) cakes.
- ☐ Heat 1 tablespoon butter and 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Saut half of patties 1 to 2 minutes on each side until golden brown. Repeat with remaining butter, oil, and patties.
- ☐ Serve with Cucumber Relish.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:6.1765217107275%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.76kcal (4.84%), Fat: 6.59g (10.14%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.19g (1.16%), Sugar: 0.44g (0.48%), Cholesterol: 24.81mg (8.27%), Sodium: 331.52mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin B12: 2.31µg (38.55%), Selenium: 11.43µg (16.33%), Vitamin K: 14.49µg (13.8%), Copper: 0.25mg (12.52%), Zinc: 1.62mg (10.78%), Phosphorus: 71.2mg (7.12%), Folate: 18.71µg (4.68%), Magnesium: 15.81mg (3.95%), Vitamin B1: 0.06mg (3.88%), Manganese: 0.07mg (3.29%),

Vitamin C: 2.67mg (3.24%), Iron: 0.55mg (3.04%), Vitamin E: 0.44mg (2.94%), Vitamin B3: 0.57mg (2.86%), Vitamin B6: 0.05mg (2.65%), Vitamin B2: 0.04mg (2.61%), Calcium: 24.91mg (2.49%), Potassium: 79.28mg (2.27%), Vitamin A: 93.15IU (1.86%), Vitamin B5: 0.17mg (1.69%), Fiber: 0.28g (1.13%)