

Crab Cakes with Curried Yogurt Sauce

READY IN



75 min.

SERVINGS



6

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups buttery round crackers low sodium crushed
- ☐ 1 teaspoon curry powder
- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup green onion chopped
- ☐ 1 teaspoon ground ancho chile pepper
- ☐ 1 jalapeno minced seeded

- ☐ 1 dash juice of lemon
- ☐ 6 ounce lump crab meat drained canned
- ☐ 1 tablespoon mango chutney
- ☐ 0.5 cup mayonnaise
- ☐ 6 servings old bay seasoning tm to taste
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup yogurt plain
- ☐ 1 tablespoon spicy brown mustard
- ☐ 1 tablespoon worcestershire sauce

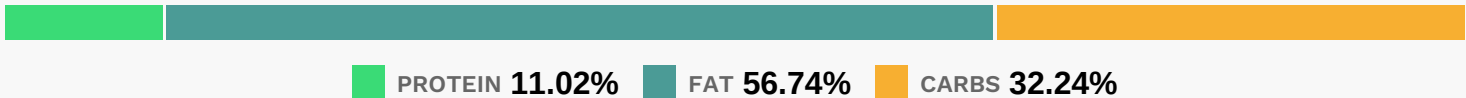
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, mix together 1/4 cup mayonnaise and yogurt. Season with curry powder, chile pepper, and garlic powder. Stir in the mango chutney. Cover and chill at least 30 minutes.
- ☐ In a separate bowl, toss together the green onion, jalapeno, garlic, bread crumbs, and 1/2 the crackers.
- ☐ Mix in the egg, 1/2 cup mayonnaise, mustard, Worcestershire sauce, lemon juice, and Old Bay seasoning. Fold in the crabmeat. Form the mixture into 6 cakes and evenly coat with the remaining bread crumbs.
- ☐ Heat the olive oil in a skillet over medium-high heat. Cook each cake about 5 minutes on each side, until heated through and golden brown.
- ☐ Serve with the chilled sauce mixture.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:17.455217382182%

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 408.26kcal (20.41%), Fat: 25.79g (39.68%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 30.63g (11.14%), Sugar: 6.02g (6.69%), Cholesterol: 48.35mg (16.12%), Sodium: 747.65mg (32.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Vitamin K: 79.58µg (75.79%), Vitamin B12: 2.74µg (45.66%), Selenium: 20.24µg (28.92%), Manganese: 0.51mg (25.43%), Vitamin B1: 0.31mg (20.47%), Copper: 0.39mg (19.47%), Phosphorus: 193.24mg (19.32%), Iron: 3.37mg (18.71%), Zinc: 2.43mg (16.18%), Vitamin E: 2.35mg (15.69%), Folate: 61.86µg (15.47%), Vitamin B3: 2.76mg (13.81%), Calcium: 132.04mg (13.2%), Vitamin B2: 0.22mg (13.1%), Vitamin C: 8.27mg (10.02%), Magnesium: 38.19mg (9.55%), Fiber: 2.33g (9.33%), Vitamin A: 454.61IU (9.09%), Vitamin B6: 0.18mg (8.83%), Potassium: 249.77mg (7.14%), Vitamin B5: 0.5mg (5%), Vitamin D: 0.19µg (1.29%)