



Crab cakes with dill mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g potatoes diced
- ☐ 300 g crab meat white
- ☐ 1 tbsp capers drained finely chopped
- ☐ 2 spring onion finely chopped
- ☐ 1 lemon zest
- ☐ 1 small bunch optional: dill finely chopped
- ☐ 4 tbsp mayonnaise
- ☐ 2 tbsp flour plain

- ☐ 1 eggs lightly beaten
- ☐ 85 g breadcrumbs dried
- ☐ 4 servings unrefined sunflower oil for shallow frying

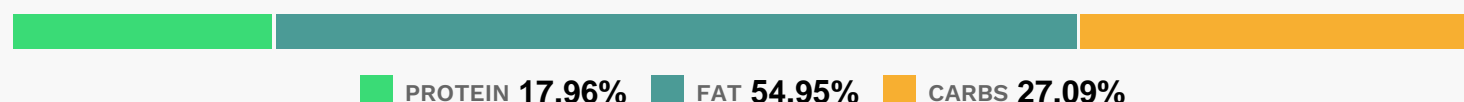
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Boil the potatoes in a large pan of salted water for about 15 mins, drain, then return to the pan and leave to steam dry for about 5 mins. Mash, then leave to cool.
- ☐ In a large bowl mix the crabmeat, capers, spring onions, lemon zest and half the juice with half the dill. Stir in the mashed potato with some seasoning, then shape into 12 neat round patties.
- ☐ Transfer these to a plate and put in the fridge for 20 mins to firm up.
- ☐ To make the dill mayonnaise, mix the mayo with the remaining lemon juice and dill. Put this in the fridge for later.
- ☐ Put the flour, egg and breadcrumbs on 3 separate plates. Dust the crab cakes all over with the flour, then dip into the egg and finally coat with breadcrumbs.
- ☐ Add enough sunflower oil to a shallow frying pan to come about 1cm up the side.
- ☐ Heat the oil, then carefully slide the crab cakes in; you might have to do this in batches. Cook for about 3 mins on each side until they are crisp and golden.
- ☐ Drain on kitchen paper. At this point you can pop the crab cakes into the oven to keep warm or serve right away with dill mayonnaise and extra lemon wedges.

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:10.2, Inflammation Score:-6, Nutrition Score:23.818695508915%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 3.44mg, Kaempferol: 3.44mg, Kaempferol: 3.44mg, Kaempferol: 3.44mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 445.27kcal (22.26%), Fat: 27.07g (41.65%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 27.22g (9.9%), Sugar: 2.15g (2.38%), Cholesterol: 78.22mg (26.07%), Sodium: 950.36mg (41.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.91g (39.83%), Vitamin B12: 6.94µg (115.65%), Selenium: 37.88µg (54.11%), Vitamin E: 6.4mg (42.67%), Copper: 0.84mg (42.19%), Vitamin K: 38.83µg (36.98%), Zinc: 5.18mg (34.51%), Phosphorus: 266.45mg (26.64%), Vitamin C: 20.93mg (25.37%), Vitamin B1: 0.33mg (21.85%), Folate: 83.36µg (20.84%), Manganese: 0.36mg (18.06%), Vitamin B6: 0.35mg (17.56%), Magnesium: 64.82mg (16.2%), Vitamin B3: 3.18mg (15.89%), Potassium: 501.39mg (14.33%), Iron: 2.51mg (13.92%), Vitamin B2: 0.22mg (12.88%), Fiber: 2.82g (11.29%), Calcium: 96.42mg (9.64%), Vitamin B5: 0.78mg (7.84%), Vitamin A: 170.45IU (3.41%), Vitamin D: 0.25µg (1.65%)