



Crab Cakes With Fresh-Corn Salsa

READY IN



40 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 1 cup cherry tomatoes halved
- 3 ears corn
- 2 large egg whites
- 0.3 cup mayonnaise fat-free
- 3 tablespoons chives fresh divided chopped
- 0.3 teaspoon ground pepper red
- 2 tablespoons salad dressing italian reduced-fat (such as Newman's Own Lighten Up!)

- 2 tablespoons juice of lemon fresh
- 1 pound lump crab meat shredded drained
- 0.5 teaspoon salt
- 1.5 cups whole-grain breadcrumbs fresh divided

Equipment

- bowl
- frying pan

Directions

- To make crab cakes, combine crabmeat, 1 cup breadcrumbs, mayonnaise, 2 tablespoons chives, juice, egg whites, salt, and red and black peppers.
- Mix well and shape to form 8 (1/2-inch-thick) patties. (Patties may be covered with plastic and refrigerated up to 4 hours before cooking.)
- To make corn salsa, cut corn kernels from cobs; transfer the kernels and any milky juices to a small bowl.
- Add tomatoes, 1 tablespoon chives, and dressing; mix well.
- Heat oil in a 12-inch nonstick skillet over medium heat until hot. Dip crab cakes lightly in 1/2 cup breadcrumbs.
- Add crab cakes to hot skillet; cook 5 minutes per side or until golden.
- Transfer to plates; top with corn salsa.

Nutrition Facts



PROTEIN 30.74% **FAT 16.36%** **CARBS 52.9%**

Properties

Glycemic Index:3.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.6299999434015%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 45.57kcal (2.28%), Fat: 0.92g (1.42%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.92g (2.15%), Sugar: 1.21g (1.35%), Cholesterol: 6.52mg (2.17%), Sodium: 223.97mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin B12: 1.36µg (22.71%), Selenium: 6.05µg (8.65%), Copper: 0.15mg (7.5%), Zinc: 0.95mg (6.35%), Vitamin C: 4.46mg (5.41%), Phosphorus: 43.41mg (4.34%), Fiber: 0.81g (3.24%), Iron: 0.56mg (3.13%), Magnesium: 11.75mg (2.94%), Folate: 11.7µg (2.93%), Potassium: 73.77mg (2.11%), Vitamin K: 2.03µg (1.94%), Vitamin B6: 0.04mg (1.85%), Vitamin B3: 0.36mg (1.8%), Vitamin B1: 0.02mg (1.54%), Manganese: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 65.23IU (1.3%)