



Crab Cakes with Ginger and Lime

READY IN



95 min.

SERVINGS



16

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces lump crab meat fresh well
- ☐ 0.3 cup scallions green finely chopped
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 1 teaspoon ginger root freshly grated
- ☐ 1 teaspoon lime zest finely grated
- ☐ 1 teaspoon juice of lime for sprinkling on at service plus a little more
- ☐ 0.5 teaspoon sriracha sauce
- ☐ 2 tablespoons mayonnaise

- ☐ 2 tablespoons panko breadcrumbs for crab mixture plus 3/4 cup of panko breadcrumbs for breading
- ☐ 0.5 cup all purpose flour
- ☐ 1 eggs beaten
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon butter
- ☐ 1 slices lime for garnish

Equipment

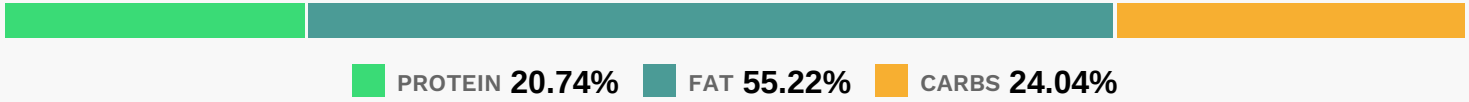
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Prepare crab cake mixture: In a medium bowl, combine the scallions, cilantro, ginger, lime zest, lime juice, and mayonnaise. Stir in the lump crab meat and the panko to combine. Cover with plastic wrap and chill for 1 to 2 hours.
- ☐ Form into 1-inch round balls: Using your clean hands, form the crab mixture into 1-inch diameter round balls.
- ☐ Coat in flour, egg, and panko: Set out 3 bowls, one for flour, one for the beaten egg, and one for panko breadcrumbs.
- ☐ Roll each crab ball in first the flour, then the beaten egg, and finally the panko. Set aside on a plate.
- ☐ Heat the oil in a large, heavy-bottomed sauté pan on medium high heat. Swirl in the butter.
- ☐ After the butter has foamed up and melted, place the panko coated crab balls into the pan and press down gently with a metal spatula.
- ☐ Do not crowd the pan, you may need to work in batches.

- ☐
- Cook a minute or two, until golden brown on one side, then gently turn the crab cakes over and cook until golden brown on the other side.
- ☐
- Remove to a paper towel lined plate or to a sheet pan in a low oven to keep warm.
- ☐
- Sprinkle with lime juice to serve, and serve with a slice of lime.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:3.9099999562554%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 69.51kcal (3.48%), Fat: 4.23g (6.5%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.91g (1.42%), Sugar: 0.16g (0.18%), Cholesterol: 18.8mg (6.27%), Sodium: 152.02mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin B12: 1.31µg (21.8%), Selenium: 7.71µg (11.01%), Copper: 0.14mg (7.2%), Vitamin K: 7.47µg (7.11%), Zinc: 0.94mg (6.24%), Phosphorus: 44.15mg (4.41%), Folate: 17.26µg (4.31%), Vitamin B1: 0.05mg (3.43%), Vitamin B2: 0.05mg (2.66%), Vitamin E: 0.37mg (2.49%), Vitamin B3: 0.48mg (2.42%), Manganese: 0.05mg (2.36%), Iron: 0.42mg (2.31%), Magnesium: 9.15mg (2.29%), Vitamin C: 1.66mg (2.01%), Vitamin B6: 0.03mg (1.56%), Potassium: 46.13mg (1.32%), Calcium: 12.72mg (1.27%), Vitamin B5: 0.12mg (1.23%), Vitamin A: 60.85IU (1.22%)