



Crab Cakes with Greens and Dijon Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup breadcrumbs soft
- ☐ 0.3 teaspoon celery salt
- ☐ 1 egg white lightly beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 servings dijon dressing
- ☐ 1 slices garnish: lemon
- ☐ 1 pound lump crab meat fresh flaked drained
- ☐ 2 tablespoons mayonnaise

- ☐ 6 cups salad greens mixed
- ☐ 0.5 teaspoon mustard prepared
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

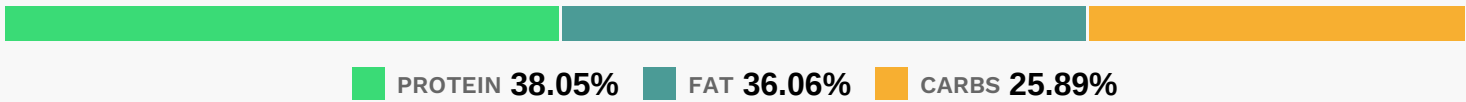
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 9 ingredients. Shape into 6 patties; cover and chill 1 hour.
- ☐ Cook patties in oil in a nonstick skillet over medium heat 3 minutes on each side or until golden.
- ☐ Drain on paper towels. Chill, if desired.
- ☐ Arrange salad greens and crab cakes on individual plates; top with Dijon Dressing.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:17.674782734688%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 181.69kcal (9.08%), Fat: 7.16g (11.01%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.01g (1.12%), Cholesterol: 33.71mg (11.24%), Sodium: 984.5mg (42.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.98%), Vitamin B12: 6.86µg (114.35%), Selenium: 34.04µg (48.63%), Copper: 0.76mg (38.01%), Zinc: 4.83mg (32.2%), Vitamin K: 23.82µg (22.68%), Phosphorus: 211.72mg (21.17%), Vitamin C: 16.1mg (19.51%), Folate: 64.48µg (16.12%), Magnesium: 51.02mg (12.75%), Vitamin B1: 0.19mg (12.47%), Manganese: 0.25mg (12.26%), Vitamin A: 536.3IU (10.73%), Vitamin B3: 1.99mg (9.97%), Vitamin B6: 0.17mg (8.39%), Iron: 1.51mg (8.38%), Vitamin B2: 0.13mg (7.9%), Potassium: 273.13mg (7.8%), Calcium: 70.5mg (7.05%), Vitamin B5: 0.43mg (4.27%), Fiber: 0.92g (3.66%), Vitamin E: 0.38mg (2.51%)