



Crab Cakes with Grilled Corn Relish

READY IN



70 min.

SERVINGS



35

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ears corn fresh husked peeled (, and silky threads removed)
- 2 eggs
- 2.5 cups flour all-purpose
- 2 tablespoons parsley fresh minced
- 2 cloves garlic finely chopped
- 2 teaspoons hot sauce
- 3 pounds lump crab
- 1.5 cups mayonnaise
- 3 tablespoons mayonnaise

- 1.5 cups panko breadcrumbs
- 2 teaspoons red wine vinegar
- 2 roma tomatoes
- 35 servings salt and pepper black freshly ground
- 1.5 teaspoons seafood seasoning
- 2 teaspoons seafood seasoning
- 0.5 onion sweet
- 1 sticks butter unsalted for cooking

Equipment

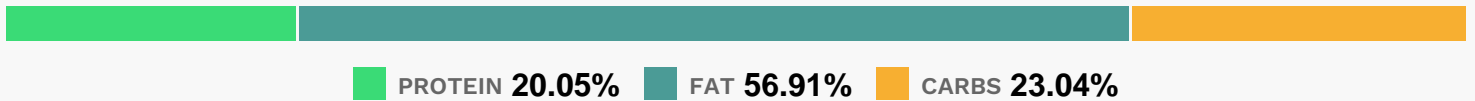
- bowl
- frying pan
- paper towels
- mixing bowl
- grill
- grill pan

Directions

- For the crab cakes: In a mixing bowl, mix all the ingredients except the crab until thoroughly mixed. Gently stir in the crab, being careful not to break up lumps.
- Place in the refrigerator to chill while you prepare the corn relish.
- For the corn relish: Preheat a grill pan over medium-high heat. Grill the corn on all sides. Kernels should be mostly browned and lightly charred.
- Next, cut the tomatoes and onion into small dice, and then toss them in a bowl with the parsley, garlic, seafood seasoning, and vinegar. Then, cut the kernels from the cobs, being careful not to include any cob or silk.
- Add to the bowl and stir. Finish with the mayo, stirring well. (
- Add more mayo to the mix if too loose. Relish should be thick and easy to spoon onto the crab cakes.)
- Next, portion the crab mixture into bite-sized cakes.

- Pour the flour onto a plate.
- Place the cakes in the flour and toss to coat lightly. You do not want a thick layer of flour.
- Heat a large saute pan over medium heat.
- Add 3 tablespoons butter. When the butter is melted, add the crab cakes and cook until golden brown on both sides, 4 to 5 minutes per side.
- Transfer the cakes to a paper towel to drain. Season with salt.
- Cook the rest of the cakes in batches, adding more butter as needed. You can wipe out the pan between batches if there are overcooked bits.
- Top each cake with corn relish and serve.

Nutrition Facts



Properties

Glycemic Index:8.77, Glycemic Load:5.03, Inflammation Score:-3, Nutrition Score:10.286521893481%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 183.36kcal (9.17%), Fat: 11.5g (17.69%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.87g (3.59%), Sugar: 0.92g (1.02%), Cholesterol: 37.16mg (12.39%), Sodium: 424.16mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Vitamin B12: 3.55µg (59.15%), Selenium: 18.98µg (27.11%), Vitamin K: 23.88µg (22.74%), Copper: 0.39mg (19.69%), Zinc: 2.51mg (16.75%), Phosphorus: 114.7mg (11.47%), Folate: 42.45µg (10.61%), Vitamin B1: 0.13mg (8.43%), Manganese: 0.15mg (7.28%), Magnesium: 26.11mg (6.53%), Vitamin B3: 1.26mg (6.29%), Iron: 0.98mg (5.46%), Vitamin B2: 0.09mg (5.38%), Vitamin C: 4.34mg (5.26%), Vitamin B6: 0.09mg (4.5%), Potassium: 133.31mg (3.81%), Vitamin A: 175.24IU (3.5%), Vitamin E: 0.49mg (3.28%), Calcium: 31.48mg (3.15%), Vitamin B5: 0.3mg (2.98%), Fiber: 0.6g (2.42%)