



Crab Cakes with Herb Salad

READY IN



45 min.

SERVINGS



16

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter ()
- 16 servings cilantro leaves fresh
- 1 pound crab meat blue
- 1 tablespoon dijon mustard
- 16 servings optional: dill fresh
- 2 large egg yolk
- 4 teaspoons cilantro leaves fresh minced
- 4 teaspoons optional: dill fresh minced
- 4 teaspoons tarragon fresh minced

- 2 tablespoons grapeseed oil ()
- 1 tablespoon spring onion minced
- 0.3 cup spring onion minced
- 0.3 teaspoon pepper black
- 2 tablespoons juice of lemon fresh
- 0.3 cup mayonnaise
- 2 cups panko bread crumbs divided (Japanese breadcrumbs)
- 10 ounce the salad
- 16 servings tarragon fresh

Equipment

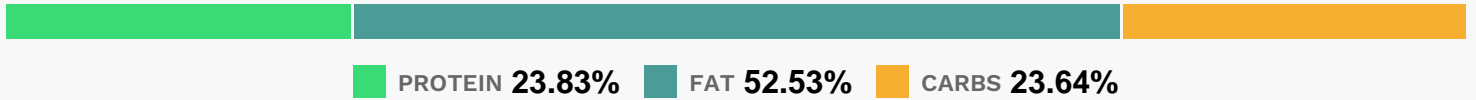
- bowl
- baking sheet
- whisk

Directions

- Whisk oil, lemon juice, dill, tarragon, cilantro, green onion, and mustard in small bowl. Season with salt and pepper. Do ahead Can be made 1 day ahead. Cover and chill.
- Line baking sheet with waxed paper.
- Whisk first 10 ingredients in large bowl.
- Mix in crabmeat and 1 cup panko, breaking up crabmeat slightly.
- Let stand 10 minutes.
- Place remaining panko on rimmed baking sheet, spreading slightly. Form crab mixture into sixteen 2-inch-diameter patties, using about scant 1/4 cup for each. Press both sides of patties into panko.
- Transfer patties to waxed-paper-lined baking sheet. Cover and chill at least 1 hour and up to 1 day.
- Melt 1 tablespoon butter with 1 tablespoon oil in each of 2 heavy large skillet over medium-high heat.

- Add crab cakes to skillet and cook until golden on both sides, adding more butter and oil as needed, about 5 minutes total.
- Place salad mix in very large bowl.
- Add 1/2 cup vinaigrette; toss. Arrange crab cakes on platter.
- Garnish with herb sprigs, drizzle with some of remaining vinaigrette, and serve with salad.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:9.0065217355023%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 121.12kcal (6.06%), Fat: 7.08g (10.9%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.62g (2.41%), Sugar: 0.6g (0.67%), Cholesterol: 40.09mg (13.36%), Sodium: 342.72mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Vitamin B12: 2.63µg (43.77%), Selenium: 13.97µg (19.96%), Copper: 0.31mg (15.27%), Zinc: 1.96mg (13.09%), Manganese: 0.24mg (11.96%), Vitamin K: 10.8µg (10.29%), Vitamin C: 8.08mg (9.79%), Phosphorus: 97.58mg (9.76%), Folate: 36.45µg (9.11%), Vitamin A: 386.08IU (7.72%), Iron: 1.25mg (6.94%), Vitamin B1: 0.1mg (6.76%), Magnesium: 25.55mg (6.39%), Vitamin B6: 0.11mg (5.64%), Vitamin B3: 1.06mg (5.32%), Calcium: 52.18mg (5.22%), Vitamin B2: 0.09mg (5.11%), Vitamin E: 0.74mg (4.94%), Potassium: 162.42mg (4.64%), Vitamin B5: 0.24mg (2.42%), Fiber: 0.56g (2.24%)