



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 sprigs fresh
- ☐ 1 pound dungeness crabmeat blue
- ☐ 1 tablespoon dijon mustard
- ☐ 16 servings dill sprigs fresh
- ☐ 2 large egg yolks
- ☐ 4 teaspoons cilantro leaves fresh minced
- ☐ 4 teaspoons optional: dill fresh minced
- ☐ 4 teaspoons tarragon fresh minced

- ☐ 2 tablespoons grapeseed oil ()
- ☐ 1 tablespoon green onion minced
- ☐ 0.3 cup green onions minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.3 cup mayonnaise
- ☐ 2 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 10 ounce herb salad mix
- ☐ 16 servings tarragon sprigs fresh

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk

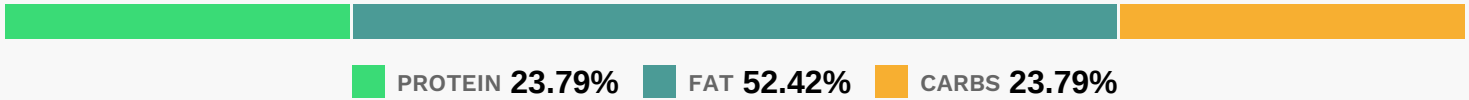
Directions

- ☐ 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 skillets 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.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:9.0486956705218%

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: 121.3kcal (6.07%), Fat: 7.08g (10.9%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.64g (2.41%), Sugar: 0.62g (0.69%), Cholesterol: 40.09mg (13.36%), Sodium: 342.74mg (14.9%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.23g (14.47%), Vitamin B12: 2.63µg (43.77%), Selenium: 13.97µg (19.96%), Copper: 0.31mg (15.28%), Zinc: 1.96mg (13.1%), Manganese: 0.24mg (11.96%), Vitamin C: 8.56mg (10.38%), Vitamin K: 10.8µg (10.29%), Phosphorus: 97.62mg (9.76%), Folate: 36.49µg (9.12%), Vitamin A: 386.27IU (7.73%), Iron: 1.25mg (6.96%), Vitamin B1: 0.1mg (6.78%), Magnesium: 25.61mg (6.4%), Vitamin B6: 0.11mg (5.68%), Vitamin B3: 1.06mg (5.32%), Calcium: 52.68mg (5.27%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.74mg (4.94%), Potassium: 163.02mg (4.66%), Vitamin B5: 0.24mg (2.43%), Fiber: 0.6g (2.39%)