



Crab Cakes with Horseradish Cream

READY IN



45 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch cayenne
- 3 tablespoons cooking oil
- 1 cup bread crumbs dry
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 2 tablespoons bottled horseradish drained
- 1 pound lump crab meat
- 0.5 cup mayonnaise
- 0.3 teaspoon salt

- 3 scallions including tops green chopped
- 0.5 cup cup heavy whipping cream sour

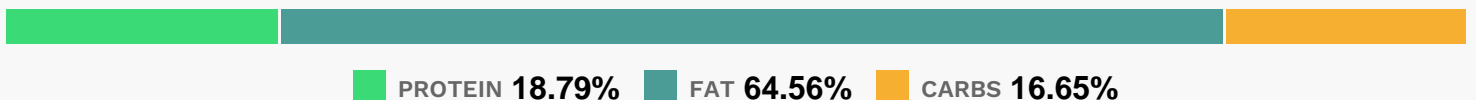
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- In a small bowl, whisk together the sour cream, 1/4 cup of the mayonnaise, and the horseradish.
- In a large bowl, combine the crabmeat, the remaining 1/4 cup mayonnaise, 1/4 cup of the bread crumbs, the scallions, parsley, cayenne, salt, and pepper. Shape the crab mixture into eight patties. Coat the patties with the remaining 3/4 cup bread crumbs and pat off the excess.
- In a large nonstick frying pan, heat the oil over moderate heat. Working in batches if necessary, fry the cakes until golden brown and crisp, about 2 minutes. Turn and fry until golden brown on the other side, about 2 minutes longer.
- Drain on paper towels.
- Serve with the horseradish cream.
- Fish Alternatives: There's really no substitute for sweet fresh crabmeat--but for a completely different taste, you could use one pound of cod, cooked and flaked.
- Wine Recommendation: A full-bodied white such as a chardonnay from California will be delightful with the crab. Try to find one that isn't too oaky--just full of the taste of ripe fruit.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:27.910434375639%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 550.27kcal (27.51%), Fat: 39.24g (60.37%), Saturated Fat: 7.4g (46.23%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 20.91g (7.6%), Sugar: 3.66g (4.06%), Cholesterol: 76.35mg (25.45%), Sodium: 1512.78mg (65.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.39%), Vitamin B12: 10.39µg (173.24%), Vitamin K: 135.79µg (129.33%), Selenium: 50.07µg (71.52%), Copper: 1.14mg (57.21%), Zinc: 7.42mg (49.44%), Phosphorus: 328.72mg (32.87%), Folate: 97.69µg (24.42%), Vitamin B1: 0.33mg (21.83%), Vitamin C: 16.76mg (20.32%), Vitamin E: 2.97mg (19.83%), Magnesium: 76.29mg (19.07%), Manganese: 0.34mg (16.98%), Vitamin B3: 3.19mg (15.97%), Calcium: 149.39mg (14.94%), Iron: 2.46mg (13.69%), Vitamin B2: 0.22mg (13.2%), Vitamin A: 641.39IU (12.83%), Vitamin B6: 0.23mg (11.61%), Potassium: 392.05mg (11.2%), Fiber: 1.86g (7.43%), Vitamin B5: 0.72mg (7.21%)