



Crab Cakes with Jalapeño-Lime Tartar Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 large eggs
- ☐ 0.3 cup chives fresh minced
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 12 ounce lump crab meat drained canned
- ☐ 1 saltines (37 crackers)
- ☐ 6 servings tartar sauce
- ☐ 1 medium tomatoes seeded chopped

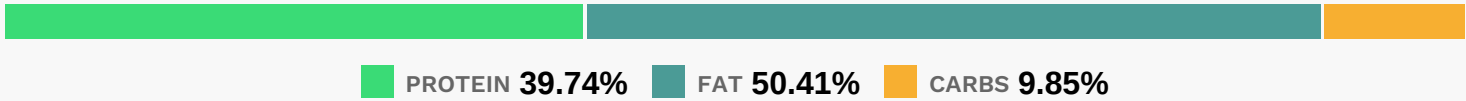
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place crackers in a food processor; process until finely ground.
- ☐ Combine mayonnaise, sour cream, and egg in a large bowl; stir with a whisk. Stir in 1 cup cracker crumbs and minced chives. Gently fold in crabmeat and chopped tomato. Form mixture into 6 (1-inch-thick) patties. Dredge cakes in remaining cracker crumbs. Chill cakes 30 minutes.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add crab cakes, and cook 4 to 5 minutes on each side or until browned.
- ☐ Serve crab cakes with Jalapeo-Lime Tartar Sauce.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:12.297826124274%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 123.97kcal (6.2%), Fat: 6.82g (10.49%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.68g (0.97%), Sugar: 1.01g (1.13%), Cholesterol: 59.73mg (19.91%), Sodium: 583.44mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin B12: 5.22µg (86.97%), Selenium: 23.82µg (34.02%), Copper: 0.55mg (27.43%), Zinc: 3.59mg (23.92%), Phosphorus: 155.76mg (15.58%), Vitamin K: 13.73µg

(13.08%), Vitamin C: 8.18mg (9.91%), Folate: 36.42µg (9.11%), Magnesium: 33.29mg (8.32%), Vitamin A: 365.73IU (7.31%), Vitamin B6: 0.12mg (6.08%), Potassium: 206.98mg (5.91%), Vitamin E: 0.87mg (5.78%), Calcium: 49.27mg (4.93%), Vitamin B2: 0.08mg (4.89%), Vitamin B3: 0.81mg (4.03%), Vitamin B5: 0.36mg (3.6%), Iron: 0.62mg (3.45%), Vitamin B1: 0.05mg (3.02%), Manganese: 0.06mg (2.99%), Fiber: 0.32g (1.28%), Vitamin D: 0.19µg (1.24%)