



## Crab Cakes with Lemon-Dill Sauce

READY IN



157 min.

SERVINGS



4

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bread crumbs
- 3 tablespoons butter
- 0.3 cup buttermilk
- 4 servings cayenne pepper
- 1 pound claw crabmeat white
- 1 tablespoon dijon mustard
- 2 tablespoons dill leaves fresh chopped
- 1 eggs
- 0.5 teaspoon parsley fresh minced

- 1 tablespoon parsley leaves fresh chopped
- 1 garlic clove minced
- 1 green onion finely chopped
- 3 tablespoons heavy cream
- 2 teaspoons juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1 cup mayonnaise
- 0.3 cup parmesan grated
- 2 tablespoons bell pepper red finely chopped
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- oven
- mixing bowl

## Directions

- To make the sauce, combine all of the ingredients in a bowl and stir well. Refrigerate until chilled. The sauce will thicken as it chills.
- To prepare the crab cakes, melt 1 tablespoon of butter in a heavy skillet over medium heat.
- Saute the onion, bell pepper, and garlic until the pepper is limp, approximately 3 minutes.
- Add the cream, mustard, 1 egg, parsley, cayenne pepper and 1/2 cup bread crumbs, to taste, and mix well. Gently fold in the crabmeat.
- Form the mixture into 8 patties, about 1/2-inch thick. In a mixing bowl, combine the remaining 1/2 cup of bread crumbs with the Parmesan. Pat this topping onto both sides of the patties. Refrigerate until firm, about 2 hours.
- Using a skillet, combine the oil and remaining 2 tablespoons of butter.
- Saute the crab cakes in the hot oil-butter mixture for approximately 3 minutes on each side or until golden brown. These crab cakes can also be baked for 7 to 10 minutes in a 400

degree F oven.

To serve, spoon a dollop of the lemon dill sauce along side each crab cake.

## Nutrition Facts

**PROTEIN 14.67%** **FAT 73.76%** **CARBS 11.57%**

### Properties

Glycemic Index:98.75, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:31.679130181022%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

### Nutrients (% of daily need)

Calories: 819.52kcal (40.98%), Fat: 67.05g (103.15%), Saturated Fat: 17.74g (110.86%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 21.35g (7.76%), Sugar: 3.82g (4.24%), Cholesterol: 153.25mg (51.08%), Sodium: 1746.74mg (75.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.02%), Vitamin B12: 10.65µg (177.42%), Vitamin K: 131.56µg (125.3%), Selenium: 56.74µg (81.06%), Copper: 1.16mg (57.96%), Zinc: 7.75mg (51.69%), Phosphorus: 406.08mg (40.61%), Vitamin A: 1736.41IU (34.73%), Vitamin C: 20.72mg (25.11%), Folate: 97.71µg (24.43%), Vitamin E: 3.62mg (24.11%), Vitamin B1: 0.35mg (23.59%), Calcium: 226.55mg (22.65%), Magnesium: 81.48mg (20.37%), Manganese: 0.38mg (18.97%), Vitamin B2: 0.32mg (18.88%), Vitamin B3: 3.38mg (16.88%), Vitamin B6: 0.32mg (16.13%), Iron: 2.74mg (15.2%), Potassium: 428.9mg (12.25%), Vitamin B5: 0.98mg (9.82%), Fiber: 2.32g (9.26%), Vitamin D: 0.74µg (4.92%)