



Crab Cakes with Lemon-Parsley Slaw

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives minced
- ☐ 1.5 pounds crab meat fresh
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 6 servings optional: lemon
- ☐ 6 servings lemon wedges
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 1 teaspoon old bay seasoning

☐ 0.5 cup breadcrumbs divided

Equipment

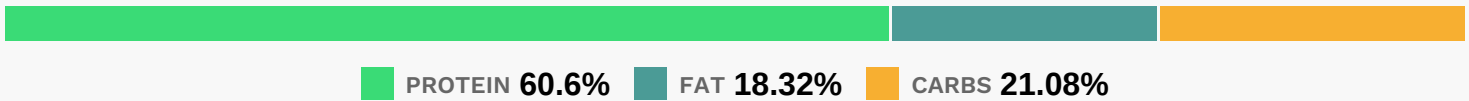
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place a jelly-roll pan in oven 10 minutes to heat.
- ☐ Drain and flake crabmeat, removing any bits of shell.
- ☐ Combine 1/4 cup breadcrumbs, mayonnaise, and next 4 ingredients; gently add crabmeat to mixture using hands to toss. Shape into 12 small patties. Dredge patties in remaining 1/4 cup breadcrumbs.
- ☐ Coat crab cakes well with cooking spray.
- ☐ Remove hot pan from oven; coat pan with cooking spray.
- ☐ Place crab cakes on hot pan in a single layer.
- ☐ Bake at 450 for 10 minutes; turn cakes over and bake 10 more minutes or until lightly browned.
- ☐ Serve with lemon wedges and Lemon-Parsley Slaw.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:18.890434622765%

Flavonoids

Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 158.85kcal (7.94%), Fat: 3.12g (4.8%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.3g (2.65%), Sugar: 1.01g (1.12%), Cholesterol: 79.37mg (26.46%), Sodium: 1092.08mg (47.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.5%), Vitamin B12: 10.31µg (171.86%), Selenium: 47.14µg (67.34%), Copper: 1.08mg (54.19%), Zinc: 7.02mg (46.82%), Phosphorus: 285.23mg (28.52%), Folate: 65.67µg (16.42%), Magnesium: 63.33mg (15.83%), Vitamin C: 12.52mg (15.17%), Vitamin B6: 0.21mg (10.42%), Vitamin B1: 0.15mg (9.91%), Vitamin B3: 1.89mg (9.43%), Iron: 1.47mg (8.16%), Manganese: 0.16mg (8.13%), Calcium: 81.01mg (8.1%), Potassium: 280.47mg (8.01%), Vitamin B2: 0.13mg (7.5%), Vitamin K: 6.91µg (6.58%), Vitamin B5: 0.6mg (6.01%), Fiber: 0.79g (3.15%), Vitamin A: 109.56IU (2.19%), Vitamin E: 0.22mg (1.49%), Vitamin D: 0.17µg (1.11%)