



## Crab Cakes with Maui Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup breadcrumbs soft
- ☐ 0.3 cup butter divided
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon basil fresh minced
- ☐ 1 teaspoon ginger fresh minced
- ☐ 2 tablespoons parsley fresh minced

- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 4 servings maui sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 8 ounces lump crab meat drained
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 4 servings garnish: spinach leaves fresh shredded
- ☐ 6 cups spinach leaves fresh loosely packed

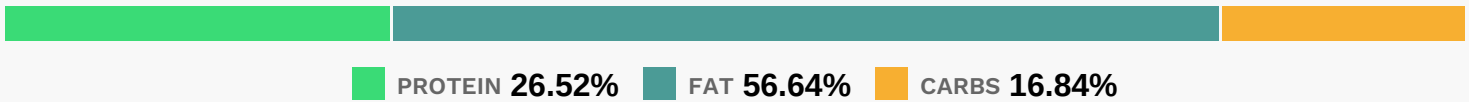
## Equipment

- ☐ frying pan

## Directions

- ☐ Stir together first 12 ingredients, and shape into 12 patties.
- ☐ Melt 2 tablespoons butter in a large nonstick skillet over medium heat.
- ☐ Add crab cakes, and cook 5 minutes on each side or until golden brown.
- ☐ Remove from skillet, and keep warm.
- ☐ Add spinach to skillet, and saut 1 to 2 minutes or until wilted. Stir in remaining 2 tablespoons butter.
- ☐ Spoon Maui Sauce onto 4 individual plates, and top evenly with crab cakes. Spoon spinach mixture around crab cakes.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:68.75, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:30.188260840333%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 232.35kcal (11.62%), Fat: 14.9g (22.92%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 7.37g (2.68%), Sugar: 1.63g (1.82%), Cholesterol: 70.31mg (23.44%), Sodium: 1121.28mg (48.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.39%), Vitamin K: 398.31µg (379.34%), Vitamin A: 7823.32IU (156.47%), Vitamin B12: 5.25µg (87.53%), Folate: 190.14µg (47.53%), Manganese: 0.85mg (42.36%), Selenium: 29.56µg (42.23%), Vitamin C: 29.73mg (36.03%), Copper: 0.67mg (33.33%), Zinc: 4.13mg (27.54%), Magnesium: 98.71mg (24.68%), Phosphorus: 213.48mg (21.35%), Iron: 3.26mg (18.13%), Potassium: 620.43mg (17.73%), Vitamin B2: 0.27mg (15.6%), Vitamin B6: 0.29mg (14.51%), Vitamin E: 2.17mg (14.46%), Calcium: 135.75mg (13.58%), Vitamin B1: 0.17mg (11.66%), Fiber: 2.59g (10.38%), Vitamin B3: 1.72mg (8.6%), Vitamin B5: 0.54mg (5.43%), Vitamin D: 0.25µg (1.67%)