



Crab Cakes with Plum Sauce

READY IN



8 min.

SERVINGS



8

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce crab meat canned
- 0.3 teaspoon dillweed dried
- 1 egg white
- 1 tablespoon green onions finely chopped
- 2 teaspoons butter reduced-calorie
- 2 tablespoons nonfat cream alternative sour
- 0.1 teaspoon pepper
- 8 servings plum sauce
- 0.3 cup breadcrumbs whole wheat divided soft

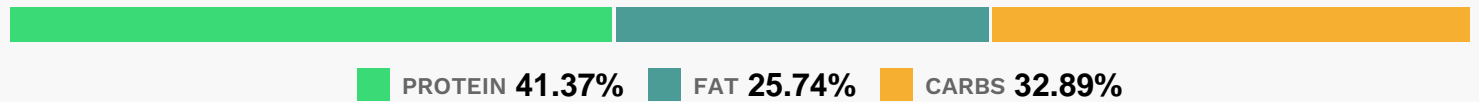
Equipment

- bowl
- frying pan
- paper towels

Directions

- Drain crabmeat; press crabmeat between paper towels to remove excess moisture.
- Combine crabmeat, 2 tablespoons breadcrumbs, sour cream, and next 4 ingredients in a medium bowl; shape mixture into 4 patties. Dredge patties in remaining 1/4 cup breadcrumbs.
- Coat a nonstick skillet with cooking spray; add margarine.
- Place over medium heat until margarine melts.
- Add patties, and cook 3 to 4 minutes on each side or until golden.
- Serve with Plum Sauce.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.4091304372186%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 43.34kcal (2.17%), Fat: 1.3g (1.99%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.17g (0.19%), Cholesterol: 20.89mg (6.96%), Sodium: 165.52mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Selenium: 10.04µg (14.34%), Vitamin B12: 0.72µg (12.03%), Copper: 0.18mg (8.82%), Zinc: 0.83mg (5.55%), Phosphorus: 54.17mg (5.42%), Vitamin B3: 0.61mg (3.03%), Folate: 11.88µg (2.97%), Vitamin E: 0.43mg (2.9%), Vitamin B2: 0.04mg (2.52%), Calcium: 25.09mg (2.51%), Magnesium: 8.87mg (2.22%), Vitamin B5: 0.22mg (2.22%), Iron: 0.39mg (2.16%), Potassium: 71.69mg (2.05%), Vitamin C: 1.54mg (1.87%), Vitamin B6: 0.04mg (1.8%), Vitamin K: 1.67µg (1.59%), Fiber: 0.38g (1.5%), Vitamin A: 62.69IU (1.25%), Manganese: 0.02mg (1.19%)