



Crab Cakes with Red Chili Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups breadcrumbs made from bread fresh french crustless
- ☐ 0.5 cup celery chopped
- ☐ 4 teaspoons chili-garlic sauce
- ☐ 1 pound crab meat coarsely chopped
- ☐ 1 large eggs beaten to blend
- ☐ 2 tablespoons jalapeño chili seeded chopped
- ☐ 3.5 teaspoons juice of lemon fresh
- ☐ 1 cup mayonnaise

- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup onion red chopped

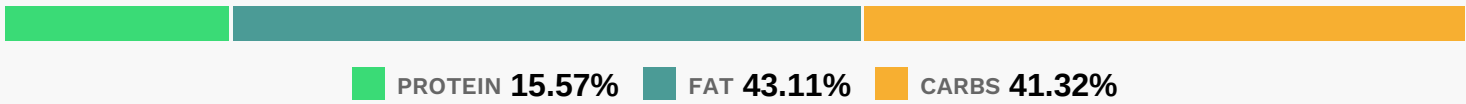
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Mix mayonnaise, chili-garlic sauce, and 1 1/2 teaspoons lemon juice in small bowl. Cover and refrigerate chili mayonnaise.
- ☐ Heat 1 tablespoon oil in heavy medium skillet over medium-high heat.
- ☐ Add bell pepper, celery, onion, and jalapeño; sauté 3 minutes.
- ☐ Transfer to large bowl.
- ☐ Mix in crab, egg, 1/2 cup chili mayonnaise, and remaining 2 teaspoons lemon juice, then 1 1/2 cups breadcrumbs. Form crab mixture into eight 1/2-inch-thick cakes, using 1/2 cup for each. Dredge cakes in remaining 3 1/2 cups breadcrumbs, turning to coat.
- ☐ Place on baking sheet. Cover and refrigerate at least 1 hour and up to 8 hours.
- ☐ Heat remaining 2 tablespoons oil in heavy large skillet over medium heat. Working in batches, add crab cakes and cook until golden brown and cooked through, about 4 minutes per side.
- ☐ Transfer to plates.
- ☐ Serve, passing remaining chili mayonnaise separately.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:38.21, Inflammation Score:-8, Nutrition Score:34.415217358133%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 710.31kcal (35.52%), Fat: 33.89g (52.15%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 66.5g (24.18%), Sugar: 10.2g (11.33%), Cholesterol: 58.82mg (19.61%), Sodium: 1488.98mg (64.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.07%), Selenium: 65.89µg (94.13%), Manganese: 1.82mg (90.99%), Vitamin B12: 5.19µg (86.54%), Vitamin K: 59.1µg (56.29%), Vitamin B3: 9.07mg (45.34%), Vitamin B1: 0.65mg (43.36%), Folate: 164.88µg (41.22%), Copper: 0.76mg (38.06%), Phosphorus: 341.16mg (34.12%), Zinc: 5.09mg (33.93%), Iron: 5.94mg (33%), Vitamin C: 22.41mg (27.17%), Fiber: 6.59g (26.38%), Vitamin B2: 0.45mg (26.36%), Magnesium: 92.94mg (23.24%), Calcium: 222.77mg (22.28%), Vitamin B5: 1.63mg (16.27%), Vitamin B6: 0.32mg (16.13%), Vitamin E: 2.32mg (15.5%), Potassium: 400.65mg (11.45%), Vitamin A: 429.19IU (8.58%), Vitamin D: 0.18µg (1.21%)