



## Crab Cakes with Red Pepper Mayonnaise

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter divided
- 2 tablespoons celery minced
- 1 egg white lightly beaten
- 1 garlic clove
- 1.5 teaspoons juice of lemon fresh
- 0.3 cup mayonnaise reduced-fat
- 1 pound lump crab meat
- 1.3 cups panko bread crumbs divided (Japanese breadcrumbs)
- 1 Dash pepper sauce hot (such as Tabasco)

- 0.3 cup bell pepper red minced
- 1 bell pepper red
- 0.3 cup onion red minced
- 10 ounces watercress trimmed

## Equipment

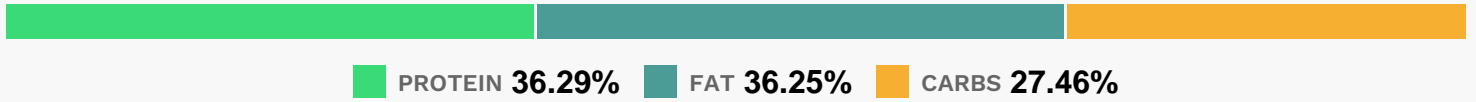
- food processor
- bowl
- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags

## Directions

- Preheat broiler.
- To prepare mayonnaise, cut bell pepper in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel pepper.
- Place pepper, 1/3 cup mayonnaise, garlic, and hot pepper sauce in a food processor. Process until smooth; transfer to a bowl, and chill.
- To prepare crab cakes, combine 1/3 cup mayonnaise and next 6 ingredients (through crab) and 3/4 cup panko in a large bowl; stir until well combined. Form into 6 patties; dredge patties in remaining 1/2 cup panko.
- Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- Add 3 patties to pan; cook 10 minutes or until lightly browned and cooked through, turning once.
- Remove from pan, and keep warm. Repeat procedure with remaining butter and patties.

- Serve crab cakes with watercress and red pepper mayonnaise.
- Garnish with lemon wedges, if desired.
- Wine note: The sweet, succulent flavor of crab is lovely with a crisp, dry white that's clean and pure tasting. One of my favorites is albario from the northwestern corner of Spain. Nora Albario 2004 from Rias Baxais (\$1
- is zesty, with a hint of citrus, starfruit, and dried peach. –Karen MacNeil

## Nutrition Facts



### Properties

Glycemic Index:39.17, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:26.584782662599%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 10.94mg, Kaempferol: 10.94mg, Kaempferol: 10.94mg, Kaempferol: 10.94mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg

### Nutrients (% of daily need)

Calories: 194.59kcal (9.73%), Fat: 7.81g (12.02%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 11.8g (4.29%), Sugar: 2.8g (3.11%), Cholesterol: 43.78mg (14.59%), Sodium: 888.08mg (38.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.2%), Vitamin K: 128.05µg (121.95%), Vitamin B12: 6.86µg (114.33%), Vitamin C: 60.17mg (72.93%), Vitamin A: 2478.82IU (49.58%), Selenium: 32.61µg (46.58%), Copper: 0.78mg (38.92%), Zinc: 4.83mg (32.21%), Phosphorus: 228.48mg (22.85%), Folate: 66.2µg (16.55%), Manganese: 0.31mg (15.35%), Vitamin B1: 0.22mg (14.42%), Magnesium: 57.52mg (14.38%), Vitamin B6: 0.28mg (14.13%), Calcium: 121.97mg (12.2%), Potassium: 422.7mg (12.08%), Vitamin B2: 0.19mg (11.14%), Vitamin B3: 2.04mg (10.2%), Vitamin E: 1.29mg (8.57%), Iron: 1.31mg (7.26%), Fiber: 1.52g (6.06%), Vitamin B5: 0.6mg (6.04%)