



WHATSheATE



Crab Cakes with Remoulade

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon capers chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 1 small garlic clove minced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise low-fat

- ☐ 2 teaspoons milk 2% reduced-fat
- ☐ 0.5 pound lump crab meat
- ☐ 2 teaspoons olive oil
- ☐ 4 ounce pimientos diced drained
- ☐ 0.3 teaspoon salt

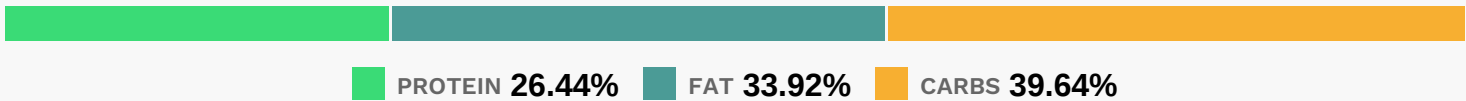
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare crab cakes, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine breadcrumbs, onions, crabmeat, and pimiento in a medium bowl.
- ☐ Combine mustard, juice, salt, and egg, stirring with a whisk.
- ☐ Add egg mixture to crab mixture, tossing gently to combine. Divide crab mixture into 4 equal portions, shaping each into a 1-inch-thick patty.
- ☐ Add crab cakes to skillet; cook 2 minutes. Turn cakes; reduce heat to medium. Cook 3 minutes or until golden brown.
- ☐ To prepare rmoulade, combine mayonnaise and remaining ingredients, stirring with a whisk.
- ☐ Serve with crab cakes.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:21.300434770791%

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 Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg,
Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 251.99kcal (12.6%), Fat: 9.44g (14.52%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 24.82g (8.27%), Net
Carbohydrates: 22.41g (8.15%), Sugar: 3.91g (4.34%), Cholesterol: 73.5mg (24.5%), Sodium: 1052.42mg (45.76%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Vitamin B12: 5.32µg (88.7%), Selenium: 33.36µg
(47.65%), Vitamin C: 37.58mg (45.55%), Vitamin K: 42.06µg (40.06%), Copper: 0.64mg (31.98%), Zinc: 4.1mg
(27.36%), Phosphorus: 214.88mg (21.49%), Vitamin B1: 0.32mg (21.04%), Vitamin A: 1003.68IU (20.07%), Folate:
71.79µg (17.95%), Manganese: 0.35mg (17.49%), Iron: 2.75mg (15.3%), Vitamin B3: 2.75mg (13.73%), Vitamin B2:
0.23mg (13.57%), Magnesium: 48.5mg (12.13%), Vitamin B6: 0.24mg (11.89%), Calcium: 101.94mg (10.19%), Fiber:
2.41g (9.65%), Potassium: 298.34mg (8.52%), Vitamin E: 1.2mg (8%), Vitamin B5: 0.59mg (5.92%), Vitamin D:
0.25µg (1.67%)