



## Crab Cakes with Roasted-Garlic Mayonnaise

READY IN



65 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups bread crumbs dried plain
- 2 celery stalks chopped
- 2 pounds crab meat cooked
- 3 oz garlic
- 1 tablespoon juice of lemon
- 1 cup mayonnaise reduced-fat
- 1 tablespoon olive oil
- 8 servings salt and pepper
- 4 scallions white thinly sliced

- 4 tablespoons butter unsalted
- 4 tablespoons vegetable oil

## Equipment

- frying pan
- oven
- wire rack
- baking pan

## Directions

- Make mayonnaise: Preheat oven to 350F. Separate garlic cloves, place in a baking dish and drizzle with oil. Roast until softened, about 35 minutes. Cool in pan on a wire rack. Lower temperature to 200F. Peel garlic, add lemon juice and mash with a fork. Stir in mayonnaise.
- Mix celery, scallions, crabmeat, mayonnaise and 2 cups bread crumbs; season with salt and pepper.
- Spread remaining bread crumbs on waxed paper. Gently form mixture into 8 1-inch-thick patties.
- Place each cake in bread crumbs and turn to coat.
- Melt butter with oil in a large skillet over medium-high heat. Working in batches, cook crab cakes until golden brown, 2 to 3 minutes on each side. Keep warm in oven until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:26.199999899968%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin:  
0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## **Nutrients (% of daily need)**

Calories: 464.82kcal (23.24%), Fat: 23.5g (36.15%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 35.86g (11.95%),  
Net Carbohydrates: 33.64g (12.23%), Sugar: 3.82g (4.24%), Cholesterol: 129.53mg (43.18%), Sodium: 1364.63mg  
(59.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.34%), Selenium: 61.2µg (87.43%), Vitamin  
B12: 3.93µg (65.5%), Copper: 1.07mg (53.52%), Vitamin K: 44.99µg (42.85%), Phosphorus: 356.93mg (35.69%),  
Zinc: 5.08mg (33.89%), Manganese: 0.65mg (32.37%), Vitamin B1: 0.45mg (29.7%), Vitamin B3: 5.92mg (29.61%),  
Folate: 107.39µg (26.85%), Vitamin E: 3.75mg (25%), Calcium: 204.88mg (20.49%), Vitamin B6: 0.36mg (18.19%),  
Vitamin B2: 0.29mg (16.96%), Iron: 2.85mg (15.83%), Magnesium: 63.02mg (15.76%), Vitamin B5: 1.45mg (14.51%),  
Potassium: 447.22mg (12.78%), Vitamin C: 8.94mg (10.84%), Fiber: 2.22g (8.89%), Vitamin A: 262.18IU (5.24%)