



Crab Cakes with Roasted Red Pepper Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 servings canola oil for frying
- ☐ 1 rib celery from the heart of the stalk finely chopped
- ☐ 0.5 cup chili sauce prepared
- ☐ 1 teaspoon crab boil seasoning
- ☐ 1 cup cracker meal
- ☐ 1 eggs beaten
- ☐ 1 handful flat parsley chopped
- ☐ 1 lemon zest for garnish cut into wedges,

- ☐ 12 ounces lump crab meat picked over
- ☐ 0.5 cup milk
- ☐ 1 drops several pepper sauce hot
- ☐ 2 tablespoons ranch dressing
- ☐ 1 cup reduced fat mayonnaise
- ☐ 8 ounce roasted peppers red prepared drained
- ☐ 1 drops several worcestershire sauce

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place cracker meal in a bowl and make a well in the center of the meal. Beat egg with milk and pour into well. Moisten cracker meal and combine liquid with meal using the tines of a fork.
- ☐ Add crab meat, crab boil seasoning, baking powder, parsley, lemon zest, celery, Worcestershire, hot pepper sauce, and mayonnaise to the bowl.
- ☐ Mix all ingredients well and form into 8 (3-inch) patties.
- ☐ Add 1/2-inch vegetable or canola oil to a skillet and heat to medium high temperature. Fry cakes 3 minutes on each side and drain on paper towel lined plate. Cook 4 cakes at a time, so that oil temp does not drop too low.
- ☐ For red pepper sauce, combine drained red peppers in a food processor bowl with mayonnaise and chili sauce. Pulse/grind the ingredients into a smooth sauce.
- ☐ Transfer sauce to a small serving dish.
- ☐ Serve crab cakes with sauce and lemon wedges.

Nutrition Facts



 **PROTEIN 19.96%**  **FAT 53.93%**  **CARBS 26.11%**

Properties

Glycemic Index:48.5, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:26.896956443787%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 415.6kcal (20.78%), Fat: 24.91g (38.32%), Saturated Fat: 4.53g (28.28%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.03g (9.1%), Sugar: 9.73g (10.81%), Cholesterol: 91.21mg (30.4%), Sodium: 2963.54mg (128.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.48%), Vitamin B12: 7.93µg (132.16%), Vitamin K: 72.03µg (68.6%), Selenium: 37.92µg (54.18%), Vitamin C: 41.33mg (50.1%), Copper: 0.95mg (47.46%), Phosphorus: 398.81mg (39.88%), Zinc: 5.66mg (37.73%), Calcium: 326.47mg (32.65%), Vitamin E: 3.21mg (21.41%), Folate: 70.6µg (17.65%), Vitamin B6: 0.34mg (17.17%), Magnesium: 64.06mg (16.01%), Vitamin A: 798.03IU (15.96%), Iron: 2.79mg (15.49%), Potassium: 498.45mg (14.24%), Vitamin B3: 2.61mg (13.06%), Vitamin B2: 0.22mg (12.94%), Manganese: 0.25mg (12.47%), Vitamin B1: 0.18mg (11.88%), Fiber: 2.1g (8.41%), Vitamin B5: 0.76mg (7.59%), Vitamin D: 0.56µg (3.75%)