



Crab Cakes with Roasted Vegetables and Tangy Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces baby carrots
- ☐ 2.5 tablespoons butter
- ☐ 2 teaspoons dijon mustard
- ☐ 2 egg whites lightly beaten
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 8 ounces haricots verts trimmed
- ☐ 3 tablespoons mayonnaise light

- ☐ 1 pound lump crab meat drained
- ☐ 0.8 teaspoon old bay seasoning
- ☐ 1 tablespoon olive oil divided
- ☐ 1.5 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 0.3 cup onion red finely chopped
- ☐ 8 ounces potatoes red quartered
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons shallots chopped
- ☐ 4 medium shallots halved lengthwise
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

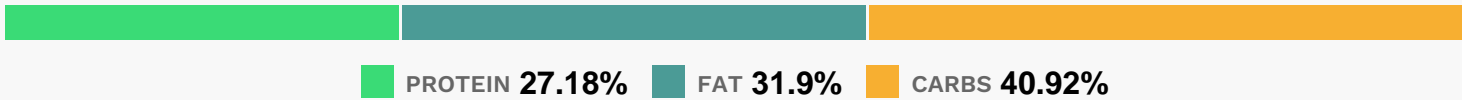
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ To prepare crab cakes, combine first 7 ingredients in a medium bowl. Gently fold in crabmeat. Gently stir in 3/4 cup panko. Cover and chill 30 minutes.
- ☐ Divide crab mixture into 8 equal portions (about 1/2 cup each); shape each into a 3/4-inch-thick patty.
- ☐ Place remaining 3/4 cup panko in a shallow dish. Working with 1 patty at a time, dredge in panko. Repeat procedure with the remaining patties and panko.
- ☐ Heat 1 1/2 teaspoons oil in a medium nonstick skillet over medium heat. Coat both sides of crab cakes with cooking spray.
- ☐ Add 4 crab cakes to pan; cook 7 minutes. Carefully turn cakes over; cook 7 minutes or until golden. Repeat procedure with remaining 1 1/2 teaspoons oil, cooking spray, and remaining 4

- crab cakes.
- ☐ Preheat oven to 45
 - ☐ To prepare vegetables, leave root and 1-inch stem on carrots; scrub with a brush.
 - ☐ Combine carrots, potatoes, and shallots in a small roasting pan. Coat vegetables with cooking spray; sprinkle with 1/8 teaspoon salt. Toss.
 - ☐ Bake at 450 for 20 minutes, turning once. Coat haricots verts with cooking spray.
 - ☐ Add haricots verts to vegetable mixture; toss.
 - ☐ Bake an additional 10 minutes or until vegetables are tender.
 - ☐ To prepare sauce, combine broth, shallots, and vinegar in a small saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 4 minutes); remove from heat. Stir in butter.
 - ☐ Serve with crab cakes and vegetables.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:37.966087009596%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 431.94kcal (21.6%), Fat: 15.38g (23.65%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 44.37g (14.79%), Net Carbohydrates: 36.97g (13.44%), Sugar: 11.69g (12.98%), Cholesterol: 68.12mg (22.71%), Sodium: 1631.5mg (70.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.95%), Vitamin A: 12558.84IU (251.18%), Vitamin B12: 10.39µg (173.14%), Selenium: 53.85µg (76.93%), Vitamin K: 80.03µg (76.22%), Copper: 1.36mg (67.92%), Zinc: 7.77mg (51.79%), Phosphorus: 403.45mg (40.35%), Manganese: 0.73mg (36.73%), Folate: 144.25µg (36.06%), Vitamin C: 28.13mg (34.1%), Vitamin B6: 0.6mg (30.1%), Potassium: 1045.29mg (29.87%), Fiber: 7.4g (29.6%), Magnesium: 114.07mg (28.52%), Vitamin B1: 0.42mg (28.06%), Iron: 4.39mg (24.4%), Vitamin B3: 4.65mg (23.23%), Vitamin B2: 0.34mg (19.87%), Calcium: 176.22mg (17.62%), Vitamin B5: 1.36mg (13.6%), Vitamin E: 1.24mg (8.25%)