



## Crab Cakes with Sassy Tartar

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons cajun spice
- 1 eggs
- 6 dashes hot sauce
- 1 teaspoon juice of lemon
- 12 ounces lump crab meat drained
- 0.3 cup mayonnaise
- 10 saltines
- 1 spring onion finely chopped

- 1 tablespoon seafood seasoning (recommended: Old Bay)
- 0.5 cup seasoned bread crumbs
- 10 ounce tartar sauce
- 6 servings vegetable oil for frying

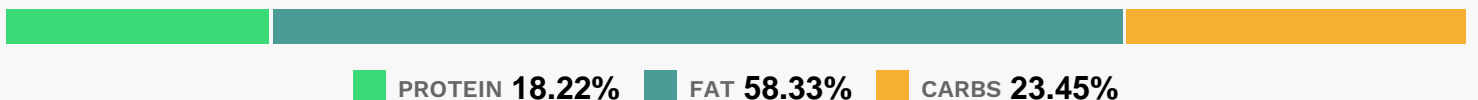
## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ziploc bags

## Directions

- Sassy Tartar Sauce: In small bowl combine all ingredients and mix well.
- Crab Cakes: In a medium bowl, add crabmeat, mayonnaise, bread crumbs, seafood seasoning, egg, and lemon juice. Stir to combine. Form 6 crab cakes approximately 2 1/2 inches diameter and place on baking sheet.
- In small plastic bag crush the saltine crackers and place into shallow dish. Lightly dredge the formed crab cakes into the crushed crackers and set aside.
- In a large skillet over medium heat, add enough oil to cover bottom of pan. When oil is hot, fry crab cakes in batches for about 3 minutes per side or until just golden brown.
- Transfer to a sheet pan or plate lined with a paper towel.
- Serve crab cakes with tartar sauce.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:17.028695484866%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

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

Calories: 309.99kcal (15.5%), Fat: 19.83g (30.51%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 16.71g (6.08%), Sugar: 2.89g (3.21%), Cholesterol: 58.42mg (19.47%), Sodium: 1043.09mg (45.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Vitamin B12: 5.23µg (87.14%), Vitamin K: 60.12µg (57.25%), Selenium: 26.62µg (38.03%), Copper: 0.58mg (29.21%), Zinc: 3.77mg (25.16%), Phosphorus: 175.53mg (17.55%), Manganese: 0.27mg (13.65%), Folate: 52.52µg (13.13%), Vitamin B1: 0.17mg (11.49%), Vitamin E: 1.7mg (11.36%), Vitamin A: 522.64IU (10.45%), Magnesium: 40.48mg (10.12%), Iron: 1.78mg (9.88%), Vitamin B2: 0.15mg (8.85%), Vitamin B3: 1.71mg (8.55%), Vitamin B6: 0.17mg (8.26%), Vitamin C: 6.18mg (7.5%), Calcium: 72.03mg (7.2%), Potassium: 216.76mg (6.19%), Fiber: 1.23g (4.92%), Vitamin B5: 0.47mg (4.67%), Vitamin D: 0.17µg (1.1%)