



Crab Cakes with Savory Remoulade

READY IN



60 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp calumet baking powder
- 12 oz crab meat flaked drained well canned
- 1 stalk celery finely chopped
- 8 oz philadelphia cream cheese spread
- 1 tsp garlic powder
- 2 tsp lemon zest
- 2 Tbsp milk
- 2 Tbsp pepper sauce hot
- 0.3 cup green onions and red peppers finely chopped

20 ritz reduced fat crackers crushed finely

Equipment

bowl

frying pan

Directions

Mix first 4 ingredients until blended.

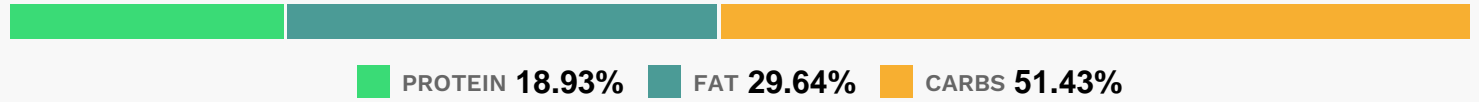
Combine crabmeat, cracker crumbs, onions, peppers and baking powder in medium bowl.

Add 2/3 cup cream cheese mixture; mix lightly. Shape into 12 (1/2-inch-thick) patties. Refrigerate 30 min.

Cook crabmeat patties, in batches, in large nonstick skillet on medium heat 6 min. or until golden brown on both sides, carefully turning after 3 min. Meanwhile, mix remaining cream cheese mixture, celery and pepper sauce until blended.

Serve crab cakes with cream cheese sauce.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:9.2460870483647%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 330.72kcal (16.54%), Fat: 11.07g (17.03%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 42.86g (15.59%), Sugar: 13.92g (15.47%), Cholesterol: 79.03mg (26.34%), Sodium: 947.22mg (41.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.81%), Selenium: 24.61µg (35.15%), Vitamin B12: 1.92µg (31.92%), Copper: 0.47mg (23.56%), Phosphorus: 153.08mg (15.31%), Zinc: 2.22mg (14.82%), Calcium: 133.44mg (13.34%), Folate: 33.17µg (8.29%), Vitamin A: 405.75IU (8.11%), Vitamin C: 6.68mg (8.1%), Vitamin B3:

1.61mg (8.06%), Vitamin E: 1.08mg (7.17%), Vitamin B5: 0.62mg (6.19%), Vitamin B6: 0.12mg (6.05%), Magnesium: 23.24mg (5.81%), Potassium: 194.97mg (5.57%), Vitamin B2: 0.07mg (4.12%), Manganese: 0.06mg (3.24%), Iron: 0.41mg (2.29%), Vitamin K: 2.27µg (2.16%), Vitamin B1: 0.02mg (1.63%), Fiber: 0.35g (1.4%)