



Crab Cakes with Spicy Avocado Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium avocado pitted ripe peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.3 cup chives fresh minced
- ☐ 2 garlic clove smashed
- ☐ 0.5 teaspoon herbs de provence dried
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon juice of lime fresh

- ☐ 3 tablespoons mayonnaise low-fat
- ☐ 1 pound lump crab meat shredded picked over
- ☐ 0.5 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chiles fresh stemmed quartered (including seeds)
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ wax paper

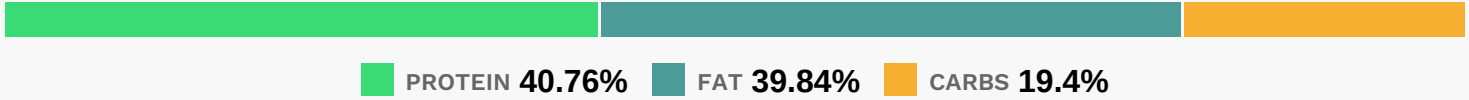
Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Line a baking sheet with foil.
- ☐ Pulse avocado with mayonnaise, lime juice, salt, sugar, and one fourth of chile in a food processor until chile is finely chopped.
- ☐ Add milk and purée until smooth.
- ☐ Add more chile if desired, processing until smooth.
- ☐ Transfer sauce to a bowl and chill, covered.
- ☐ Stir together crabmeat, mayonnaise, chives, lemon juice, mustard, pepper, and 1 tablespoon panko in a large bowl until blended well, then chill, covered.
- ☐ Melt butter in a medium nonstick skillet over moderate heat, then cook garlic, stirring, until golden and fragrant, about 2 minutes.
- ☐ Add herbes de Provence, salt, and remaining 7 tablespoons panko and cook, stirring, until golden brown, about 6 minutes.

- ☐
- Transfer crumbs to a plate to cool. Discard garlic.

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Nutrition Facts



Properties

Glycemic Index:70.59, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:21.39478247062%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 227.98kcal (11.4%), Fat: 10.05g (15.47%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 8.69g (3.16%), Sugar: 2.33g (2.59%), Cholesterol: 57.29mg (19.1%), Sodium: 1257.95mg (54.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin B12: 10.33µg (172.11%), Selenium: 44.57µg (63.67%), Copper: 1.13mg (56.55%), Zinc: 7.15mg (47.69%), Phosphorus: 299.55mg (29.95%), Folate: 83.69µg (20.92%), Vitamin C: 15.69mg (19.02%), Vitamin K: 19.57µg (18.64%), Magnesium: 71.57mg (17.89%), Vitamin B6: 0.29mg (14.38%), Potassium: 428.38mg (12.24%), Vitamin B3: 2.28mg (11.38%), Manganese: 0.22mg (10.77%), Vitamin B1: 0.16mg (10.56%), Calcium: 100.31mg (10.03%), Fiber: 2.33g (9.31%), Vitamin B5: 0.89mg (8.87%), Vitamin B2: 0.14mg (8.32%), Iron: 1.46mg (8.1%), Vitamin A: 321.39IU (6.43%), Vitamin E: 0.88mg (5.89%),

Vitamin D: 0.22µg (1.47%)