



Crab Cakes with Spicy Cream

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup regular unseasoned breadcrumbs
- 2 teaspoons canola oil
- 1 teaspoon chili-garlic sauce such as sriracha, plus more to taste hot
- 0.3 cup cilantro leaves fresh whole finely chopped
- 1 pound crab claw meat picked over
- 1 large eggs beaten
- 1 tablespoon ginger root fresh finely grated
- 2 cloves garlic
- 1 medium bell pepper diced green finely

- 1 jalapeno diced finely
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest finely grated
- 3 tablespoons canola mayonnaise
- 0.3 cup nonfat plain greek-style
- 0.5 teaspoon salt
- 2 scallions white green thinly sliced

Equipment

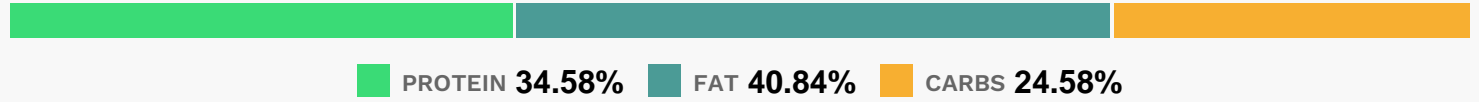
- bowl
- frying pan
- baking sheet
- oven
- mixing bowl

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees. Spray a baking sheet with canola oil cooking spray.
- Heat the oil in a nonstick skillet over a medium-high heat.
- Add the scallion, green pepper, and jalapeno and cook until the peppers soften slightly, about 3 minutes.
- Add the ginger and garlic and cook for one minute more. Set aside to cool slightly.
- In a large mixing bowl combine the pepper-scallion mixture with the crab, lime zest, lime juice, cilantro, egg, 1/2 cup of the Panko, 1 tablespoon of the mayonnaise, and the salt.
- Put the remaining 1/2 cup Panko on a plate. Form the crab mixture into 8 crab cakes and gently roll each in the Panko and place on the prepared baking sheet. Spray the tops of the crab cakes with the canola oil cooking spray to coat lightly.
- Bake the crab cakes until they are golden brown on the bottom, about 10 minutes. Gently turn them over and cook for 10 minutes on the other side. In the meantime, in a small bowl stir together the yogurt with the remaining 2 tablespoons mayonnaise and the chili-garlic sauce.

- To serve, top each crab cake with about 1/2 teaspoon of the spicy cream and one cilantro leaf.
- Excellent source of: Copper, Phosphorus, Protein, Selenium, Vitamin B6, Vitamin B12, Vitamin C, Vitamin K, Zinc
- Good source of: Calcium, Folate, Magnesium, Manganese, Niacin, Potassium, Vitamin B6

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:24.726956305297%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 293.85kcal (14.69%), Fat: 13.14g (20.22%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 15.81g (5.75%), Sugar: 4.42g (4.91%), Cholesterol: 100.27mg (33.42%), Sodium: 1649.08mg (71.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin B12: 10.38µg (173.04%), Selenium: 49.49µg (70.7%), Copper: 1.14mg (56.91%), Vitamin C: 40.36mg (48.92%), Zinc: 7.25mg (48.36%), Vitamin K: 42.77µg (40.73%), Phosphorus: 314.6mg (31.46%), Folate: 81.75µg (20.44%), Magnesium: 70.73mg (17.68%), Vitamin B6: 0.32mg (16.06%), Vitamin B1: 0.23mg (15.18%), Manganese: 0.27mg (13.54%), Vitamin B3: 2.52mg (12.59%), Vitamin B2: 0.19mg (11.28%), Potassium: 394.65mg (11.28%), Iron: 1.92mg (10.68%), Calcium: 101.38mg (10.14%), Fiber: 1.99g (7.96%), Vitamin E: 1.16mg (7.75%), Vitamin B5: 0.76mg (7.63%), Vitamin A: 380.78IU (7.62%), Vitamin D: 0.27µg (1.81%)