



Crab Cakes with Spicy Rémoulade

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons capers drained chopped
- 2 teaspoons dijon mustard
- 1 large eggs
- 2 tablespoons chives fresh finely chopped
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon ground pepper red

- 0.1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 1 pound lump crab meat drained
- 0.3 cup mayonnaise
- 1.5 tablespoons mayonnaise (such as Spectrum brand)
- 1 tablespoon olive oil divided
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 1 tablespoon shallots chopped

Equipment

- bowl
- frying pan
- paper towels
- whisk
- measuring cup

Directions

- To prepare crab cakes, combine first 8 ingredients.
- Add panko and crab, tossing gently to combine. Cover and refrigerate 30 minutes.
- Fill a 1/3-cup dry measuring cup with crab mixture. Invert onto work surface; gently pat into a 3/4-inch-thick patty. Repeat procedure with remaining crab mixture, forming 8 cakes.
- Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat.
- Add 4 crab cakes to pan; cook 4 minutes or until bottoms are golden. Carefully turn cakes; cook 4 minutes or until bottoms are golden and crab cakes are thoroughly heated.
- Remove cakes from pan; keep warm. Wipe pan dry with paper towels.
- Heat remaining 1 1/2 teaspoons oil in pan. Repeat procedure with remaining 4 crab cakes.

To prepare rroulade, combine 1/4 cup mayonnaise and remaining ingredients in a small bowl; stir with a whisk.

Serve with crab cakes.

Nutrition Facts

PROTEIN 31.72% **FAT 61.28%** **CARBS 7%**

Properties

Glycemic Index:83.75, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:21.483913084735%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 301.67kcal (15.08%), Fat: 20.21g (31.1%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.49g (1.63%), Sugar: 0.9g (1%), Cholesterol: 102.21mg (34.07%), Sodium: 1308.96mg (56.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.09%), Vitamin B12: 10.36µg (172.63%), Selenium: 47.78µg (68.25%), Copper: 1.09mg (54.68%), Vitamin K: 54.6µg (52%), Zinc: 7.07mg (47.16%), Phosphorus: 292.51mg (29.25%), Folate: 68.15µg (17.04%), Magnesium: 64.09mg (16.02%), Vitamin C: 12.88mg (15.61%), Vitamin B6: 0.22mg (11.03%), Vitamin E: 1.38mg (9.22%), Potassium: 296.55mg (8.47%), Vitamin B3: 1.67mg (8.37%), Vitamin B2: 0.14mg (8.33%), Iron: 1.43mg (7.94%), Calcium: 77.86mg (7.79%), Vitamin B1: 0.11mg (7.66%), Manganese: 0.14mg (6.91%), Vitamin A: 341.91IU (6.84%), Vitamin B5: 0.68mg (6.83%), Fiber: 0.7g (2.81%), Vitamin D: 0.29µg (1.92%)