



Crab Cakes with Spicy Rémoulade

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons canola oil divided
- ☐ 0.8 teaspoon capers chopped
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 2 tablespoons bell pepper green finely chopped

- ☐ 2 spring onion finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound lump crab meat
- ☐ 0.3 cup mayonnaise
- ☐ 1.5 tablespoons mayonnaise
- ☐ 1 cup panko bread crumbs divided
- ☐ 4 servings the salad mixed
- ☐ 2 teaspoons shallots minced
- ☐ 0.8 teaspoon citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare crab cakes, drain crabmeat on several layers of paper towels.
- ☐ Combine crabmeat, bell pepper, and the next 4 ingredients (through egg), tossing gently. Stir in 1/4 cup panko.
- ☐ Place remaining 3/4 cup panko in a shallow dish.
- ☐ Divide crab mixture into 8 equal portions. Shape 4 portions into 3/4-inch-thick patties; dredge in panko.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil.
- ☐ Add dredged patties; cook 3 minutes on each side or until golden.
- ☐ Remove from pan. Repeat procedure with the remaining crab mixture, panko, and oil.
- ☐ To prepare rmoulade, combine 1/4 cup mayonnaise and remaining ingredients; serve with crab cakes.

Nutrition Facts



 **PROTEIN 27.15%**  **FAT 58.28%**  **CARBS 14.57%**

Properties

Glycemic Index:92.5, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:24.992608500564%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 378.73kcal (18.94%), Fat: 24.24g (37.29%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 12.49g (4.54%), Sugar: 1.46g (1.62%), Cholesterol: 102.21mg (34.07%), Sodium: 1240.89mg (53.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Vitamin B12: 10.39µg (173.21%), Selenium: 50.23µg (71.75%), Copper: 1.13mg (56.69%), Zinc: 7.31mg (48.73%), Vitamin K: 51µg (48.57%), Phosphorus: 325.52mg (32.55%), Vitamin C: 22.57mg (27.36%), Folate: 94.01µg (23.5%), Magnesium: 73.2mg (18.3%), Manganese: 0.33mg (16.31%), Vitamin B1: 0.22mg (14.98%), Vitamin A: 716.34IU (14.33%), Vitamin E: 2.1mg (13.99%), Vitamin B6: 0.28mg (13.87%), Vitamin B3: 2.6mg (12.99%), Iron: 2.25mg (12.48%), Vitamin B2: 0.21mg (12.13%), Potassium: 401.42mg (11.47%), Calcium: 106.36mg (10.64%), Vitamin B5: 0.77mg (7.72%), Fiber: 1.14g (4.55%), Vitamin D: 0.29µg (1.92%)