



Crab Cakes with Watercress Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons celery minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon bell pepper green minced
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon bell pepper red minced
- ☐ 1 teaspoon seafood seasoning
- ☐ 3 tablespoons vegetable oil

- ☐ 10 servings watercress vinaigrette
- ☐ 2 slices bread white
- ☐ 2 tablespoons onion white minced

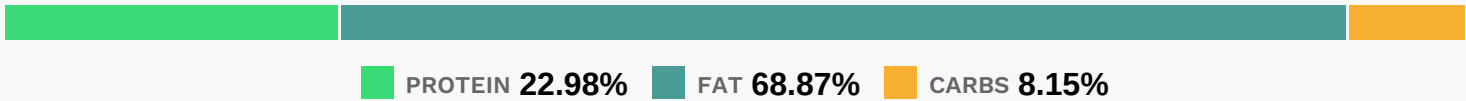
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Place bread in a food processor, and pulse 6 times or until coarse bread crumbs measure about 1 1/2 cups.
- ☐ Stir together crabmeat and next 7 ingredients. Shape mixture into 10 (2-ounce) patties; dredge in bread crumbs.
- ☐ Place patties on a baking sheet, cover, and chill at least 2 hours.
- ☐ Cook crab cakes, in batches, in hot oil in a medium skillet over medium-high heat 3 to 4 minutes on each side or until golden.
- ☐ Serve with Watercress Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:28.98, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:16.142608840828%

Flavonoids

Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 169.78kcal (8.49%), Fat: 12.97g (19.95%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.04g (1.1%), Sugar: 0.58g (0.64%), Cholesterol: 23.75mg (7.92%), Sodium: 489.82mg (21.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin K: 119.53µg (113.84%), Vitamin B12: 4.1µg (68.26%), Selenium: 18.27µg (26.09%), Vitamin C: 20.49mg (24.83%), Vitamin A: 1181.9IU (23.64%), Copper: 0.46mg (22.86%), Zinc: 2.82mg (18.78%), Phosphorus: 129.7mg (12.97%), Magnesium: 32.06mg (8.01%), Folate: 31.49µg (7.87%), Calcium: 76.91mg (7.69%), Manganese: 0.15mg (7.5%), Vitamin E: 1.08mg (7.2%), Potassium: 227.08mg (6.49%), Vitamin B6: 0.13mg (6.44%), Vitamin B1: 0.08mg (5.32%), Vitamin B2: 0.08mg (4.57%), Vitamin B3: 0.84mg (4.19%), Iron: 0.64mg (3.54%), Vitamin B5: 0.32mg (3.22%), Fiber: 0.42g (1.66%)