



Crab Chops

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup butter melted
- 2 tablespoons butter
- 0.5 cup breadcrumbs dry fine
- 1 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 0.5 cup green onions chopped
- 0.3 teaspoon ground pepper red
- 6 servings garnishes: lemon wedges

- 1 pound lump crab meat fresh drained
- 0.5 cup milk
- 1 tablespoon rustic rub
- 1 teaspoon salt
- 20 saltines crushed finely
- 0.3 cup vegetable oil

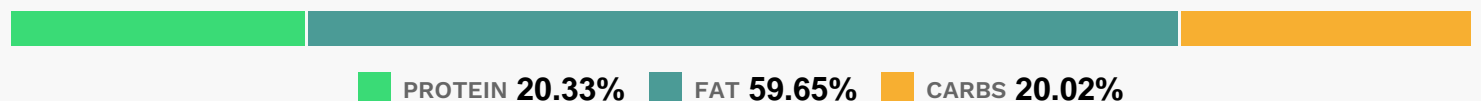
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Melt 2 tablespoons butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Stir in green onions and next 3 ingredients; cook 2 to 3 minutes, whisking constantly. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is thickened and bubbly.
- Combine egg, crabmeat, and cracker crumbs; toss gently. Stir in milk mixture. Shape into 6 patties (or chops).
- Combine breadcrumbs and Rustic Rub in a shallow dish. Dredge patties in crumb mixture. Cover and chill 1 1/2 hours.
- Cook crab cakes in 1/4 cup melted butter and hot oil in a large skillet over medium-high heat 3 to 4 minutes on each side or until golden.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:19.652608788532%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 361.12kcal (18.06%), Fat: 23.89g (36.75%), Saturated Fat: 9.66g (60.37%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 16.93g (6.16%), Sugar: 1.96g (2.18%), Cholesterol: 95.56mg (31.85%), Sodium: 1291.57mg (56.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.63%), Vitamin B12: 7.05µg (117.54%), Selenium: 34.86µg (49.81%), Vitamin K: 43.74µg (41.66%), Copper: 0.76mg (37.91%), Zinc: 4.98mg (33.18%), Phosphorus: 238.5mg (23.85%), Folate: 71.67µg (17.92%), Vitamin B1: 0.23mg (15.46%), Manganese: 0.29mg (14.29%), Magnesium: 51.01mg (12.75%), Vitamin B2: 0.21mg (12.34%), Vitamin A: 585.15IU (11.7%), Vitamin B3: 2.33mg (11.63%), Iron: 2.09mg (11.59%), Calcium: 100.22mg (10.02%), Vitamin E: 1.37mg (9.16%), Vitamin C: 7.53mg (9.13%), Vitamin B6: 0.18mg (8.9%), Potassium: 266.93mg (7.63%), Vitamin B5: 0.6mg (6.01%), Fiber: 1.12g (4.47%), Vitamin D: 0.39µg (2.6%)