



Crab & corn cakes with chilli dipping sauce

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 4 tbsp flour plain
- ☐ 1 small garlic clove crushed
- ☐ 1 tbsp coriander stalks chopped for the main course (use the leaves)
- ☐ 340 g sweetcorn green drained well canned (I use Giant Original)
- ☐ 170 g crab meat white flaked drained well canned
- ☐ 2 spring onion finely sliced
- ☐ 10 servings vegetable oil for frying

- ☐ 4 tbsp chilli sauce sweet
- ☐ 0.5 juice of lime
- ☐ 0.5 finger-length of cucumber chunk finely chopped

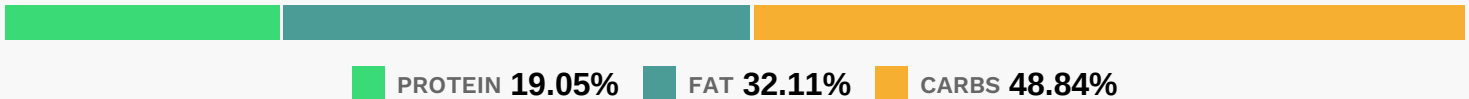
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Tip the egg, flour, garlic and coriander stalks into a food processor with a third of the corn. Whizz to a smooth paste.
- ☐ Mix with the remaining corn, crab, half the spring onions and some seasoning.
- ☐ Stir together the sauce ingredients. Cover a tray with kitchen paper.
- ☐ Heat 5cm depth oil in a large, heavy saucepan its ready when a cube of bread browns in 30-40 secs. Drop in dessertspoons of the corn mix, then fry for 2-3 mins, turning, until golden and crisp. Lift onto kitchen paper. Keep warm. Repeat with the remaining mix.
- ☐ Serve the hot cakes sprinkled with the last of the spring onion and the dipping sauce alongside.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:5.26, Inflammation Score:-3, Nutrition Score:5.5856521777485%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 106.12kcal (5.31%), Fat: 3.96g (6.09%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.42g (4.52%), Sugar: 5.11g (5.68%), Cholesterol: 32.86mg (10.95%), Sodium: 171.14mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Selenium: 9.8µg (14%), Vitamin K: 11.54µg (10.99%), Vitamin B12: 0.61µg (10.09%), Copper: 0.18mg (8.83%), Phosphorus: 82.64mg (8.26%), Folate: 27.87µg (6.97%), Zinc: 0.98mg (6.51%), Vitamin B3: 1.24mg (6.21%), Vitamin B5: 0.56mg (5.61%), Manganese: 0.11mg (5.56%), Vitamin B6: 0.1mg (4.8%), Vitamin C: 3.92mg (4.75%), Magnesium: 18.63mg (4.66%), Vitamin B1: 0.07mg (4.52%), Potassium: 157.62mg (4.5%), Vitamin B2: 0.08mg (4.49%), Fiber: 1.12g (4.47%), Vitamin E: 0.64mg (4.28%), Vitamin A: 151.72IU (3.03%), Iron: 0.53mg (2.95%), Calcium: 24.01mg (2.4%)