



Crab Fritters

READY IN



45 min.

SERVINGS



40

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baking mix
- 0.5 pound crab meat fresh
- 1 large eggs
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon garlic powder
- 0.5 teaspoon ground pepper red
- 40 servings sauce
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest grated

- 0.3 cup milk
- 0.8 teaspoon salt
- 40 servings vegetable oil
- 0.3 teaspoon worcestershire sauce

Equipment

- dutch oven

Directions

- Drain and flake crabmeat, removing any bits of shell.
- Stir together biscuit mix and next 5 ingredients; make a well in center of mixture.
- Combine milk and next 3 ingredients; add to dry ingredients, stirring just until moistened.
- Add crabmeat.
- Pour vegetable oil to a depth of 2 inches in a Dutch oven; heat to 37
- Drop batter by teaspoonfuls into hot oil, and fry, a few at a time, 30 seconds or until golden brown, turning once.
- Serve immediately with Creole Sauce.

Nutrition Facts



PROTEIN 4.08% **FAT 89.54%** **CARBS 6.38%**

Properties

Glycemic Index:2.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.0243478171203%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.64kcal (7.28%), Fat: 14.67g (22.57%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.69g (0.76%), Cholesterol: 7.27mg (2.42%), Sodium: 144.2mg (6.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin K: 27.61µg (26.3%), Vitamin B12: 0.54µg (9.02%), Vitamin E: 1.17mg (7.82%), Selenium: 2.71µg (3.87%), Phosphorus: 34.24mg (3.42%), Copper: 0.06mg (2.92%), Zinc: 0.38mg (2.54%), Folate: 7.17µg (1.79%), Vitamin B1: 0.02mg (1.43%), Vitamin B2: 0.02mg (1.41%), Calcium: 10.88mg (1.09%), Vitamin C: 0.89mg (1.07%), Vitamin B3: 0.21mg (1.03%)